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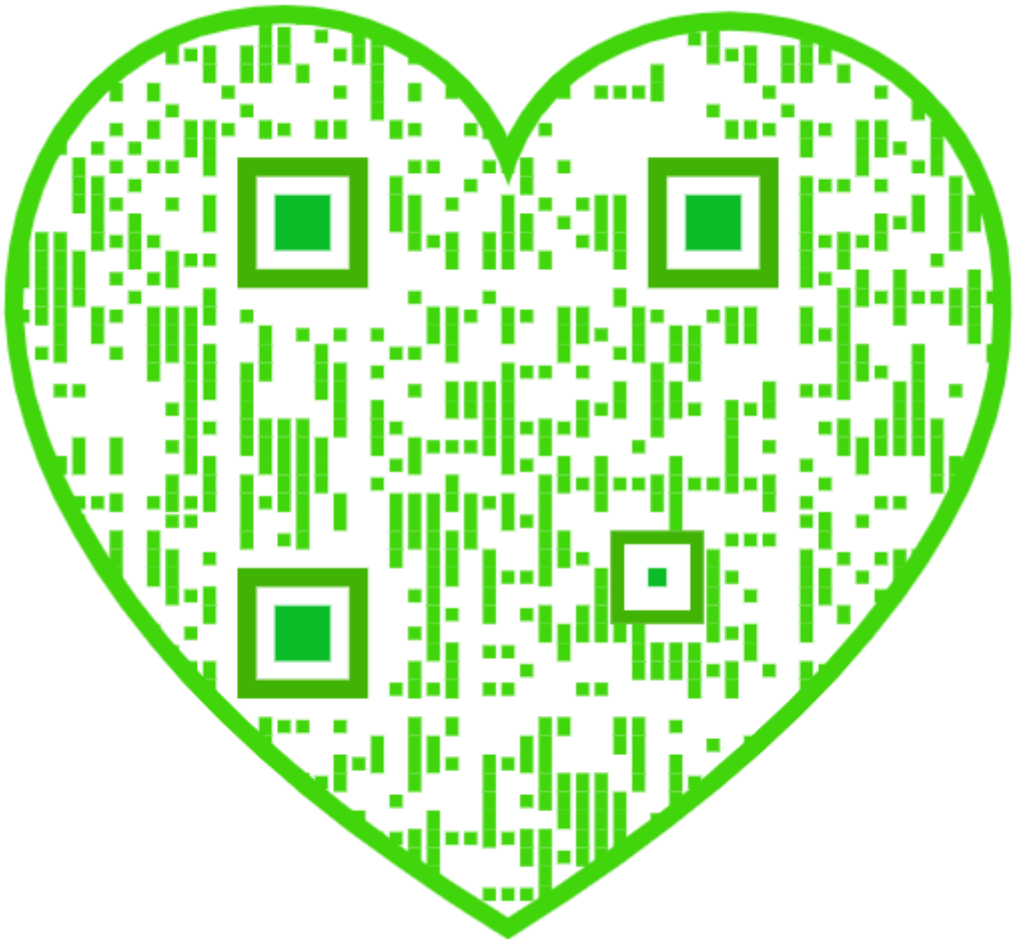

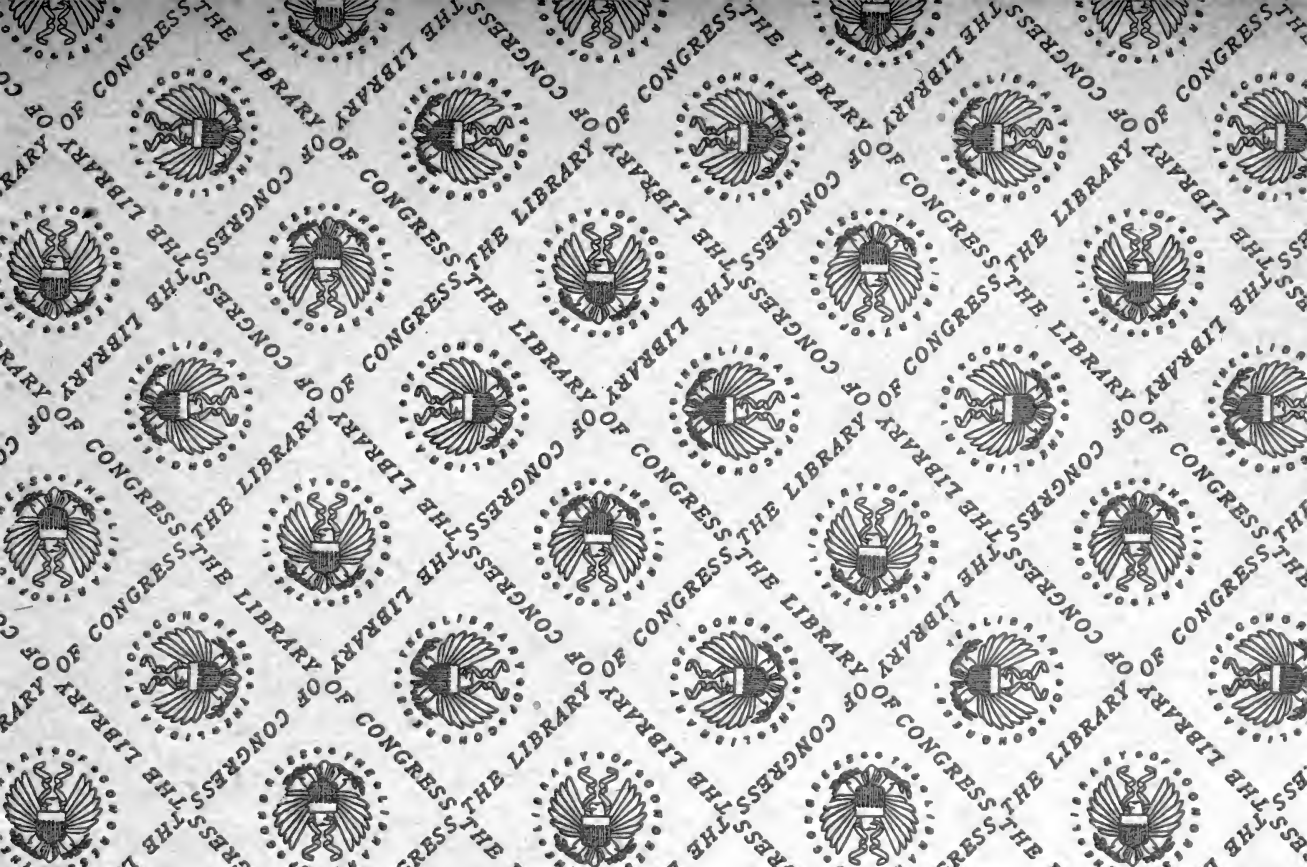
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SCIENTIFIC COOKING

WITH

SCIENTIFIC METHODS

By

SARAH E. WOODWORTH CRAIG

"Wizard of the Skillet and the Oven,"
According to the American Press.

Author of "To the Queen's Taste and Fit for the King,"
and numerous articles in Sir Thomas Murry's
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Dedication

TO

MARY BARLOW HARKNESS,

My dear and lifelong friend,
in appreciation of her loving
encouragement and untiring
efforts to help me, whose
motto was always:

'Get work, get work;
'Tis better than what you work to get,"

This book of original and
compiled recipes is
affectionately dedicated

by

THE AUTHOR.

Oh, hours of all hours, the most blessed upon earth,
Blessed hour of dinner.

* * * * *

We may live without poetry, music and art;
We may live without conscience and live without heart;
We may live without friends; we may live without books;
But civilized man cannot live without cooks.
He may live without books—what is knowledge but grieving?
He may live without hope—what is hope but deceiving?
He may live without love—what is passion but pining?
But where is the man who can live without dining?

—*Meredith.*

EDITOR'S PAGE.

Miss Craig comes of a long line of good cooks and high livers, and can cook any and all of the dishes difficult to make, but, in issuing a book, has confined herself to the simple methods, and has reduced the detail in the kitchen to a minimum in many ways, and on this line hopes to be able to inspire people to keep cleaner kitchens, with the aid of the present methods of gas cooking, and the light, beautiful utensils that the market is offering for use on the gas stove. Miss Craig's mother was a direct descendant of Samuel Woodworth, of "The Old Oaken Bucket" fame, who at one time edited the New York *Mirror*, while on the father's side she is Scotch-Irish, who was a descendant of "Sir Thomas Craig, of Scotland," which the Omaha *Press* says is a fine *blend.*

PREFACE.

In all ages and all climes the pleasures of the table have been appreciated and cultivated, from the time of the Epicureans, when people lived to eat, down to the present day, when, with the study of food properties and their dietetic values, we are approaching the more ideal state, and *eat* to *live*. Indeed, many doctors of the present time resort to a dietary cure as often as to a medicinal one, and this ranks cookery with the arts.

But in the scientific blending of proteids, carbohydrates and fats, the careful and dainty preparation must not be overlooked—our food must appeal to the eye as well as to the palate, as a direct aid to digestion. And the simplest rules for doing this I have tried to give in this book, always remembering Ruskin's definition: "Cookery means much tasting and no wasting; it means English thoroughness, French art and Arabian hospitality; it means the knowledge of all the fruits and herbs and balms and spices; it means carefulness, inventiveness and watchfulness; the economy of our grandmothers and the science of modern chemistry."

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SCIENTIFIC COOKING.

CHAPTER I.

FOOD.

FOOD is what we take to nourish and sustain the body. In the body are found thirteen elements: oxygen, 62½%; hydrogen, 10%; carbon, 21½%; nitrogen, 3%; calcium, potassium, phosphorus, sulphur, chlorine, sodium, magnesium, iron and fluorine, 3%.

The food must contain the elements found in the body in order to sustain it, and repair the waste, and make the child grow, and give the man energy for his daily work. All food must undergo a chemical change after being taken into the body, before it can be utilized by the body, and this is done by the digestive system.

The foods come under two heads:

Organic	Proteid.
	Carbohydrates.
	Fats and oils.
Inorganic	Mineral matter.
	Water.

The work of the proteid is to build and repair tissues. Example: milk, eggs, cheese, meat, fish, cereals, beans, lentils and peas. Albumin is the principal constituent of proteid matter.

In the egg it is known as albumin; casein in the milk and cheese; vegetable casein in peas, beans and

lentils; and in the wheat, glutine; gelatine in the bones and gristle in the meat.

In the carbohydrates we get our heat and maintain our energy; they are found in the starch, sugars, oils and fats. From the mineral matter we get our salts.

The Proper Diet.

Age, sex, occupation, climate and season should determine the diet of one in normal condition. A child should not have starchy food until the teeth appear; before this there are no ferments developed to digest them. A woman will require less food than a man, and do the same work. Brain workers want to take easily digested foods, such as eggs, fish, etc. The laborer needs quantity, and can eat of corned beef, cabbage, corn bread and brown bread, and not overtax his digestion for the reason he is out in the open air. In old age the digestive organs become inactive, and the diet must again become simple as that of the child.

Water.

Water is very important and very necessary, but it wants to be free from disease germs. In this matter the health officer will keep you posted. Soft water is free from salts and lime, and is best for the use in the household. Water will freeze at 32° F. heat and will boil at 212° F. In a high altitude it boils at a lower temperature. Distilled water is used for medical purposes because it contains no organic impurities. You should drink plenty of water between the meals, but do not drink while you are eating, for the reason it prevents the gastric juices of the mouth from performing their proper work in the digesting of the starchy foods, which should begin in the mouth.

Salts.

The most common and abundant salt found in the body is sodium chloride, or common salt; it assists digestion by furnishing hydrochloric acid found in the gastric juices.

Starch.

Starch is largely distributed through the vegetable kingdom, and is most abundant in the cereals and potatoes. It is a heat-giver and force-producer, and is a very important food. It will not sustain life alone, but must be taken in combination with foods that repair and build up the tissues.

Sugar.

The use of sugar as a food is the same as starch; and all starch must be converted into sugar before it can be assimilated. The different kinds of sugars are cane sugar or *sucrose,* grape sugar or *glucose,* milk sugar or *lactose,* and fruit sugar or *levulose.* Cane sugar is obtained from sugar cane, grape sugar from honey and the sweet fruits, milk sugar from the milk of mammalia and does not ferment.

Fats and Oils.

Fats and oils are found in both the animal and vegetable kingdom; they contain *stearin* (solid), *olein* (liquid), *palmitin* (semi-solid). In the animal fats cream and butter are of the first importance as foods, for the reason they are more easily assimilated.

The animal oils are found in cod liver oil and oil in the yolk of eggs; the vegetable oils are found in the olive, cotton-seed, poppy and the cocoanut, and from the various nuts.

Milk.

COMPOSITION.

Proteid, 3.4%. Mineral matter, .7%.
Fat, 4%. Water, 87%.
Lactose, 4.9%.

—*Chemist.*

From the fact that we find in the milk all that is required for the food of the young during the time of their most rapid growth, we must rate its value as a food. We get the most benefit from it taken at regular intervals rather than at meals. I do not consider it good to give meat and milk at the same time, but rather combine it with a starchy food. Hot milk is good to produce sleep. Iced milk is not good, for the reason that the cold reduces the action of the digestive organs by lowering them below the normal. In the milk we find lactose, casein and mineral matter. The water varies according to the adulteration. Milk will become sour by the germ in the air attacking the lactose and converting it into lactic acid. The cream rises to the top of the milk when it stands. For thin cream we stand it overnight. For whipping cream it must stand twelve hours longer in a very cool place. It is best to sterilize the milk to feed a child on, in order to kill all germs. Milk is the diet for typhoid and diphtheria, and is combined with soda, apollinaris, vichy or seltzer, as the physician may prescribe. The doctor will often order albuminized milk where much nutriment is required. Many laboratories are now furnishing *modified milk* put up by physician's prescription.

Butter.

COMPOSITION.

Fat, 93%.	Mineral matter, 95%.
Water, 5.34%.	Casein, .71%.

—*Columbus Chemist.*

Our butter is made from cow's cream. The quality of our butter depends upon the manner in which it is made and the care of the cows. In order to have well-flavored butter the cow should be very clean before milking, and should be milked in a clean place. A dirty barn will spoil both milk and butter, as they both absorb all odors with which they come in contact. Butter should never be worked enough to spoil the grain of the butter, and should be kept in a cool place and well covered to keep out odors, and also to keep it from becoming rancid. The salt preserves our butter; butter freshly churned without salt, such as is served in Paris, France, will spoil very quickly, and for this reason must be used at once.

Cheese.

Cheese is made from skimmed milk, and will keep a longer or shorter time according to the kind of ferment or decomposition that takes place in it. This is called the ripening of the cheese. There is the soft cream cheese that is not allowed to ripen, but must be used at once.

Cheese, being very rich in proteid matter, is often used instead of meat. Prof. Atkinson, in his book on "Nutrition," says a pound of cheese equals a pound of beef. Cheese is hard to digest. Some authorities say cooking makes it more digestible. A piece of rich cheese is often used as a digester. In the skimmed-milk cheeses most in use we find the Parmesan, Edam and Gruyere.

Parmesan, being very hard, is used principally for grating. Besides these we have the family of milk and cream cheeses.

Fruits.

Fresh fruits are always wholesome and digestible with few exceptions, and should always have a place on every table. The care of fruit is very important, and should never be kept in a warm room to furnish ornamentation for the sideboard. To be in its best condition it wants to be firm, cold and fresh. We will make an exception to the rule in the small fruits, which are sweeter when brought fresh from the garden with the sunshine on them. All fruits coming from market should be chilled. Much taste can be displayed in the arrangement of fruits for the table. When one can obtain them, green leaves are always an addition to the dish of fruit, using the foliage of the different fruits with kind of fruit you are serving. They are, so to speak, the trademark, same as Minerva is always represented with the spinning-wheel. Apples should always be rubbed until well polished before serving. The red and bright green ones are a great addition to a dish of fruit. Grapefruit is served for breakfast or as first course for a luncheon. The seeds and core must be removed and the pulp separated from the bitter skin. A pair of scissors is the best thing to prepare them with. Put sugar in the center, and thoroughly chill them before serving. Peaches should have the down taken off lightly with a soft cloth when they are to be served whole, but they stain the linen very badly, and for that reason are better for the comfort of the housekeeper to be peeled before serving, but they must be chilled and pared just as they are sent to the table. Strawberries usually have to be washed

before serving, as they grow so near the ground they are apt to be gritty from the sand in the soil from which they are taken. Fine large berries are prettier for a fruit course served with the hulls on. Always wash the berries before capping them in order to preserve the juice. In the washing the cold water must be poured over the berries, and never put them in water to lie for an instant, for they are really better if you can serve without washing; but if you do feel that you must wash them, you should run the water on lightly. Never sugar them, but pass the sugar with them. Use powdered sugar to sweeten fruit of all kinds at the table. In dishing berries of all kinds pass the berry spoon close to the edge of bowl to keep from crushing them. In cooking dried fruits thoroughly wash them in tepid water, and soak them for two or three hours, and cook very slowly in the water in which they were soaked.

Fruits are chiefly vegetable, and their uses are very important from the fact that acids, sugar, salts and the large quantities of water found in them are refreshing, cooling and stimulating. They keep the blood in good condition and act as a tonic. In the fruits we find a great variety of acids. The different kinds of acids we find in the fruits make quite a study, and it is really much to the advantage of the good housekeeper that she acquaints herself with the different acids in the fruits. For instance, she wants to know she can not make jelly unless she has some fruit that contains pectose. This acid is found in the currants, quince and apple, and a few apples cooked with any fruit that is lacking in this acid will enable her to make the jelly. Besides the pectic acid that makes the jelly, many of our fruits contain starch that during the ripening is

converted into glucose. The most nutritious of our fruits are the prune, grapes, figs, dates and bananas, owing to large amount of sugar and small amount of water.

The orange, apple and lemon are valuable on account of the potash salts as well as for their citric acid in which they abound, especially the lemon and orange. The apple is said to be anti-bilious, and is in the market all the year round, and should be used freely in every family. I would recommend fresh ripe fruits served at the meal instead of the made desserts from the kitchen, for, in my opinion, nature has prepared them for us by cooking them in the sun better than we can.

List of our fruits and where they come from:

Cherry tree, Asia.

Apricot tree, Armenia.

Peach tree, Persia.

Plum tree, Africa.

Quince tree, Greece.

Pear tree, Greece.

Apple tree, Greece.

Lemon tree, Media.

Orange tree is claimed by Africa and southern China.

Fig tree, Judea. From the East the fig tree passed into Greece, Italy, Gaul, Spain and throughout Europe.

Raspberry, Rome.

Strawberry, Greece.

Mulberry tree, Rome.

Almond tree, Greece.

Hazel tree, Greece.

Pistachio tree, India.

Chestnut tree, Thessalony.

Pomegranate, Asia.

Currant is claimed by both Greece and Italy.

CHAPTER II.

COOKERY.

THE progress of civilization has been accompanied by progress in cooking, and in every country we now find people cooking. Even if their methods are crude, they cook, and the art of cooking is reaching to every land. It is no longer considered the thing for the young lady to say she *can not boil water,* but we find cooking very infectious with all classes and conditions of the people. And in every household the cook is the important factor.

There is a very funny story told of King Alphonso, who was on board a boat for a long sail. The steward came running toward him, looking in great distress, whereupon the king asked what the trouble was. He wrung his hands and said, "The father confessor has fallen overboard." "Thank God!" said the king, "it was not the cook."

Food is cooked to make it more digestible and to develop different flavors, which we find much more palatable.

The Fire.

There is not much to be said about the kind of fuels we are to use. Gas is the fuel of most households, and I find in the country places, where gas can not be obtained, they are using gasoline.

Ways of Cooking.

The different ways of cooking are boiling, baking, roasting, stewing (or simmering), frying, sautéing,

fricasseeing, and use of the cassaroll in the oven. To boil is to cook in boiling water, which is 212° F. heat (the level of the sea). We simmer at a temperature of 185° F. heat. Water will boil at a lower temperature in a high altitude. Soups, ham, corned beef, tongues and the cheap cuts of the meat all want to be simmered after they reach the boiling-point. They will be found to be much nicer, and the carver will find they cut smoother and more evenly, and do not tear as he presses on the knife. Milk should always be scalded in the double boiler, so as not to harden the casein, and render difficult to digest. Cooking over hot water is called steaming. Stewing is cooking in a small amount of hot water for a long time at a low temperature. Cooking the cheaper cuts of meat in this way, the fiber and connecting tissues are softened and rendered tender and very palatable.

Broiling is one of the most delightful ways of cooking, and is done by cooking directly over the fire, or under it, and in some cases in front of it. Only the best cuts of meat are to be broiled, as you will find the intense heat will toughen the fiber of the cheaper cuts and make them hard to eat.

Roasting is cooking by a hot fire in an oven or before the fire on the spit, as in the olden times. In roasting a piece of meat, it wants to be cut from the best part of the animal, for the same reason that the broiling piece does; and in roasting beef, lamb and mutton it is best to baste with fat entirely, also for loin of pork, while with veal you should use water and butter; not too much water at a time, but keep renewing it as it cooks away. Domestic fowls are treated the same as veal.

Frying is cooking by immersion in deep fat, raised

to a temperature of from 350° to 500° F. heat. For this purpose we use lard, beef dripping and lard mixed, cottolene, coto-suet or olive oil; this is left to the taste of the cook. Your fat wants to be at the right temperature to keep the food from absorbing the fat.

Rules for testing fat: 1. When the fat begins to smoke, drop in a piece of bread free from crust, and if while you count forty it is a golden brown, it is then right to cook oysters and croquettes. 2. You want to be able to count sixty (or one minute), counting as the clock ticks, for cooking pan-fish, doughnuts and fritters.

Sautéing is frying in a small quantity of fat. Food cooked in this way is much harder to digest than that cooked in the deep fat, and for this method of cooking we use the frying-pan.

Braising is cooking in a covered vessel with a low degree of heat. The "Aladdin Lamp" is a fine example of slow cooking, and was invented by Prof. Atkinson, of Boston. This method of cooking is also shown in the casserole of the present day. In braising meat of any kind it gives it a much finer flavor if you sauté it on all sides until it is well browned; then it will hold its juices better, and the brown on meat gives a good color and flavor.

Fricasseeing is sautéing and serving tender meat or fowl with a sauce. There are two kinds of fricasseeing—one white, the other brown. The white one we place in the saucepan in boiling water, and cook slowly until tender. The brown one is browned in butter, oil or lard until brown, and placed in saucepan and brown sauce poured over it and cooked until tender at the simmering point.

Measuring Ingredients.

Much of the success in cooking depends upon proper and correct measuring. Powdered confectioners' sugar and granulated sugar should be sifted before measuring. Baking powder should always be well stirred to lighten it before measuring. A cupful is a half pint, and is measured level. Dip the ingredient up with a spoon and level with a knife. The tablespoon and teaspoon are measured level in all the best schools of cookery, and will perhaps give you the best results. There are measure-spoons now that give the table, tea, dessert, halfs and quarters, and are very useful and time-saving.

In measuring, where sugar, flour, butter and water or milk are used, measure in the order given in recipes, and the one cup will do for all.

To Combine Ingredients.

The manner of combining is next in importance to correct measuring. There are three ways to be considered—beating, stirring and folding. Beating is to turn over and over, bringing the bottom to the top with each stroke, and drawing in plenty of cold air, which makes batters of all kinds light when they come in contact with hot air of the oven. Stirring is a circular motion, and is good for blending material. Folding is used for the whites of eggs, flour, etc.

CHAPTER III.

BREAD AND BREAD-MAKING.

"Bread is the staff of life, and good bread and butter a gold-headed cane."

THE study of bread-making is very important in the family diet, and well deserves the attention of every housekeeper. With the present ingredients which we have to make the good and perfect loaf, there is no excuse for finding the poor one in any household. We make bread from flour of wheat and other cereals, with the addition of water, milk and ferment. In the wheat we find gluten in right proportions to make the spongy loaf. The entire wheat flour is the most wholesome and sustaining to the body, for in that we have all the grain, with only the outside husk removed. In the bran coats we find the mineral matter, in the gluten the proteid matter and fat, and in the center of the grain the starch. We distinguish the wheat as *white* and *hard* or *red* and *soft*. The white is the winter wheat and lies in the ground all winter, and the red is sown in the spring and grown quickly. From the winter wheat we make the pastry flour, and from the spring the bread flour.

Yeast.

We will next consider the yeast. It is a plant of fungous growth, and consists of spores or germs found floating in the air. These spores grow very rapidly under favorable conditions, and produce the ferment which we need to lighten the loaf. Warm, moist air

gives us the best conditions to hasten the growth of the yeast plant. There are three kinds of fermentations which we consider—alcoholic, acetic and lactic. In the bread we find the *alcoholic*. If the ferment continues too long, we have the *acetic*. The *lactic* ferment is that which takes place when the milk sours. The acid we get in the sour milk is very good for the stomach, and for this reason doctors recommend the drinking of buttermilk for many of their patients. We scarcely consider any yeast now but the compressed, except in the country, where it can not be obtained. In that case we have to resort to the dry yeast, or what is known as *salt rising*. Be sure your yeast is perfectly fresh, which you can determine by the light color with absence of any dark streaks. The temperature best suited for the growth of the yeast plant is from 68° F. to 70° F., in a warm, moist air. The yeast plant is killed at 212° F., and the life of the plant is entirely suspended at 32° F., but not entirely destroyed, and with warmth and air can again be started.

Baking of Bread.

We bake bread to kill the ferment, to make digestible the starch, to drive off the alcohol and carbon dioxide, and to form the brown, nicely flavored caromel crust. We place bread in a hot oven, and lower the heat as necessary as the process of baking goes on; for the heat must reach the center of the loaf and cook it, in order that the loaf may be healthy and digestible. Always bake your loaves of bread in small pans holding only the one loaf. The loaf should rise for ten or twelve minutes before it begins to brown. Biscuit want a hot oven, and will bake in twelve or fifteen minutes, according to the thickness of the biscuit. They should

never be too thick. All bread wants to be thin, with nice crust. If a tender crust is desired, brush the top with butter a few moments before removing from the oven. The best bread-box is a stone jar with stone cover, and cloths should not be wrapped around bread, as the bread will taste of cloth always.

Quick Bread.

In the quick breads we get our ferment from the baking-powder we use, or by beating in a great deal of cold air, which causes the bread to lighten when placed in the hot oven. The object in making the bread light and porous is to have it easily acted upon by the digestive ferment with which it comes in contact, first in the mouth, then in the stomach. The starchy foods want to stay a long time in the mouth and be well chewed, to mix them well with the saliva, as digestion should begin in the mouth, a fact that makes itself manifest by the sweet taste. When we put a piece of bread in the mouth and chew it for a long time, we taste the sugar; this shows the digestion has begun.

Acids found in molasses, sour milk and lemon juice will liberate gas in soda, and this lightens the dough and causes it to become porous.

Water Bread.

2 cups boiling water.
1 tablespoon each lard or butter.
1 tablespoon sugar.
2 level teaspoons salt.
1 yeast cake.
½ cup warm water.

Flour to make a dough that you knead without its sticking to the hands or board.

Put your butter or lard, sugar and salt in the boiling water, in bread mixer or large bowl. Stir until sugar is dissolved and lard and butter melted, then beat in

three cups of flour, and beat well until the cells in the dough are well filled with air. Add dissolved yeast cakes, then enough flour to make the dough stiff to be handled. Care must be taken not to get too much flour. It is hard to give the exact amount of flour, as the quantity will depend upon the kind of flour used. Flour made from the spring wheat is the best for the bread, for the reason there is more gluten in it than we find in the pastry flour. Turn your dough on a well-floured board, knead until it becomes smooth and elastic, and well filled with bubbles under the surface. When it is ready to be returned to a well-buttered bowl large enough to allow it to double its bulk, it is then ready to be shaped and put into small buttered bread-pans. Place to rise in a temperature of from 68° F. to 70° F., until it has doubled its bulk, when you place it in a hot oven and bake, reducing the heat, if necessary, to keep it from burning. A small, brick-shaped loaf will require thirty minutes to bake if the heat in the oven is just right.

It is much better to make your bread up in the morning, and put more yeast to lighten it. And do not think the loaf will taste of the yeast; it will not, for experience and the scientist have shown us that it takes just so much yeast to lift the loaf, and if we do not put it in, it has to take the time to gather the spores from the air with the food which we have in our mixture. So I can safely say we have quicker and sweeter bread by using plenty of yeast. With the cake of the compressed yeast to each pint of wetting (whether milk or water), the bread will be lifted twice; then allow it to bake three hours. The result will be the sweet, delicious loaf without the chance of souring.

When the bread is well baked, turn on the side on a wire bread-rack, to cool before putting in the bread-

box, or, better, the stone jar with the stone cover. Do not wrap bread in cloths when putting it away, as it will taste of the cloth.

Milk Bread.

1 cup scalded milk.
1 cup water.
1 teaspoon salt.
1 yeast cake.
Dissolve yeast in ¼ cup lukewarm water.

We scald the milk to kill the lactic germ. Add flour to make a dough that you can handle when turned onto a well-floured board, using care not to add too much flour. Prepare, raise and bake same as the water bread, as the process of the kneading, raising and baking is the same in all breads made from yeast.

Entire Wheat Bread.

2 cups scalded milk.
⅓ cup molasses.
2 cups white flour.
Balance of flour entire wheat.
1 teaspoon salt.
1 yeast cake.
¼ cup lukewarm water to dissolve yeast in.

Entire wheat bread can be made in a thick drop batter, or enough flour added to knead and shape into loaves, just as you like. We raise the same as white bread by letting it double its bulk in the mixing-bowl, then shaping into loaves and placing in greased pans, filling them half full. Cover, let rise again to double its bulk, and bake in hot oven.

Parker House Rolls.

2 cups scalded milk.
2 tablespoons sugar.
2 tablespoons butter.
Flour.
1 whole egg well beaten.
1 teaspoon salt.
1 yeast cake.
¼ cup lukewarm water.

Add butter, sugar and salt to milk. When cool enough the yeast cake is dissolved in the half cup luke-

warm water, then enough flour to make drop batter. Beat thoroughly and turn onto a well-floured board while it is quite soft, and knead thoroughly, adding what flour is necessary to be able to handle it. (It wants to be very soft.) Let it lighten in well-buttered bowl with the dough buttered well on top so it will not crust until double its bulk, then turn onto well-floured board and shape into small balls the size of a walnut, and press in the center of ball butter and fold over two-thirds. Press firmly together. Place in shallow pan, allowing plenty of space between for the lightening of rolls. They do not want to touch in baking. Butter well on top, let them get very light, and bake then in hot oven from twelve to fifteen minutes. The rising does not want to be hastened too much or they will lose their shape. This mixture will make any kind of rolls you desire, the name depending on the shape you mold them into before the last lightening.

Bread Sticks.

1 cup scalded milk.
¼ cup butter.
1 tablespoon sugar.
Whites of 2 eggs.
1 yeast cake.
½ teaspoon salt.
4 cups flour.

Knead, let rise, shape and let rise again. Put into hot oven, and reduce the heat that the sticks may be dry and crisp.

Graham Bread.

2½ cups scalded milk.
½ cup molasses (Orleans is best).
1 teaspoon salt (full).
2 yeast cakes in ¼ cup warm water.
3 cups white flour.
3 cups Graham flour.

Prepare and bake same as entire wheat. Sift the Graham flour and discard bran that remains in the sieve, or return to the flour and use it if desired.

Boston Brown Bread.

1 cup rye meal.
1 cup granulated corn meal.
1 cup Graham flour.
1 teaspoon salt.
½ teaspoon soda.
¾ cup molasses.
2 cups sour milk or 1½ cups sweet milk.
1 egg.

Mix all the dry ingredients, and stir well. Add molasses and milk, stir and beat well. Turn into well-buttered mould, and steam from three and a half to four hours. You can use one pound baking-powder tins to steam this in if you wish, to use it for sandwiches. In steaming, you want to place your mould in the kettle of boiling water on a trivet and allow the water to come half way up the mould. Cover closely and see the water is renewed when it boils away.

Rye Bread.

1 cup scalded milk.
1 cup boiling water.
2 tablespoons lard or butter.
½ cup brown sugar.
1 teaspoon salt.
1 yeast cake in ¼ cup lukewarm water.
3 cups white flour.
Enough rye meal to make the dough stiff enough to knead.

Knead thoroughly, let rise, shape in loaves, rise again, and bake

Sweet Rusks.

2 cups scalded milk.
⅓ cup butter.
⅓ cup sugar.
1 whole egg.
Yolks of 2 eggs.
2 yeast cakes in ½ cup water.
Enough flour to make soft dough.

Raise twice, shape in little round rolls after the first raising, and place in shallow buttered pans, some distance apart, and let them get very light before you put them to bake. When nearly done, brush with white of egg with tablespoon of water added to it. Sprinkle with powdered sugar and cool on wire bread-rest.

German Coffee Bread.

1 cup scalded milk. 1 egg.
¼ cup butter. 1 yeast cake (dissolved).
⅓ cup sugar. ½ cup raisins stoned and cut into pieces.
Flour enough to make a stiff batter, and add the raisins.

Cover and let rise; spread on well-buttered pan; let rise again Before baking brush with egg, and cover with three level tablespoons butter, two tablespoons sugar one teaspoon cinnamon. Bake in oven not too hot. When done, sprinkle with powdered sugar.

Swedish Bread.

2 cups scalded milk. ½ cup sugar.
1 yeast cake. 1 egg well beaten.
⅓ cup melted butter. ½ cup almonds
½ teaspoon salt. blanched and chopped.
Enough flour to make a soft dough.

To the scalded milk add the butter, sugar and salt, and enough flour to make a drop batter. When cool, add the yeast cake that has been dissolved in one-fourth cup lukewarm water. Cover and let rise; when light, add enough more flour that you can knead, being careful not to get the dough too stiff. Toss on a floured board, and knead until well covered with blisters, then let it rise the second time. Turn on an unfloured board, and roll very thin. Spread with melted butter, and sprinkle with sugar and the blanched and chopped almonds, or cinnamon, if preferred. Then, with a thin knife, loosen from the board and roll up same as jelly roll; cut piece from each end and form ring, place on a buttered sheet, and with scissors cut into pieces half-inch thick, letting them lie close together; lighten again and bake in moderate oven. Just before putting in the oven you can brush with one egg diluted with one tablespoon of cold water.

Hot Cross Buns.

1 cup scalded milk.
¼ cup sugar.
1 yeast cake dissolved in lukewarm water.
2 tablespoons butter.
½ teaspoon salt.
1 teaspoon cinnamon.
1 egg.
¼ cup each currants and raisins stoned and cut fine.
3 cups flour.

To the scalded milk add the butter, sugar and salt. When cool enough, add the yeast cake. Mix cinnamon with the flour, and add next, then the well-beaten egg. When thoroughly mixed, add the raisins and currants; let it stand until very light, then shape in biscuit form, and put in well-buttered pan one inch apart. Brush over with beaten egg, and bake fifteen or twenty minutes. Then, with frosting, make a cross on top of each bun.

Yeast Muffins.

1½ cups scalded milk.
½ teaspoon salt.
2 tablespoons sugar.
1 yeast cake.
3½ cups flour.
1 egg.
2 tablespoons butter.

To your hot milk add butter, salt and sugar. When cool enough, add the yeast cake dissolved in one-third cup lukewarm water, then the flour and the egg well beaten. Let it rise to double its bulk. Fill buttered muffin-rings half full; let rise until rings are full. Bake twenty-five or thirty minutes in hot oven. Serve at once.

Rice Muffins.

Proceed the same as for raised yeast muffins, using three cups flour and one cup boiled rice. Or, if preferred, you can use a cup of hominy fresh boiled, being careful that the hominy is boiled quite dry, or you can add a little more flour.

Dry Toast.

Cut bread in thin slices about one-fourth inch thick. Place on broiler rack, light gas, and toast to a delicate brown without burning. If the crusts have not been removed, pound them on board to soften them. Pile them on hot plate and serve at once. They can be buttered at table or before just as you like.

Water Toast.

Water toast is made by dipping slices of dry toast in boiling salted water *very* quickly and spread with butter. Only the *best* butter is good for toast

Milk Toast.

2 cups scalded milk. ½ teaspoon salt.
1 tablespoon butter. 8 slices toast.
2 tablespoons flour.

Mix butter and flour, and stir in the hot milk, adding some of the milk to the bowl with the butter and flour before trying to add it to the hot milk. Cook in double boiler fifteen minutes. Dip the slices of toast into the sauce, and place on serving-dish, and pour remainder of sauce over and serve quickly.

Brown Bread Toast.

Brown bread toast is made in the same way, using slices of brown bread instead of white bread.

Cream Toast.

Proceed same as for milk toast, using cream instead of milk, and use no butter. The thin cream is the best for making toast.

Toast for Garnishing.

Cut your pieces of bread in any shape desired and dip in melted butter, and toast. Rounds with the centers removed, buttered and toasted, or fried in deep fat, are called croûstards. Half-inch squares browned or fried are called croûtons, and are used for cream soups, top of spinach, etc.

Quick hot bread used for breakfast, luncheon, etc., is made with baking-powder for the ferment, and made into batter that will pour or drop, and soft doughs, easily moulded and shaped with the hand or small cutters.

Baking-powder Biscuit.

2 tablespoons lard or butter.
4 level teaspoons baking-powder.
1 teaspoon salt.
2 cups flour.
1 cup milk or enough to make a very soft dough.

Mix dry ingredients. Add the lard or butter. Chop in with knife or rub in with the back of a wooden spoon. Add milk slowly. Toss on well-floured board, roll lightly to half inch in thickness, and shape with biscuit-cutter. Place on buttered pan and bake in hot oven from twelve to fifteen minutes, according to oven, as some bake much quicker than others.

Drop Biscuit.

Use the recipe for baking-powder biscuit, making it softer, so that you can drop it from the spoon on buttered pan.

Roly-poly Biscuit.

2 cups flour.
4 teaspoons baking-powder.
½ teaspoon salt.
½ teaspoon cinnamon.
2 tablespoons sugar.
2 tablespoons butter.
½ cup stoned raisins.
2 tablespoons citron.

Mix same as baking-powder biscuit. Toss on well-floured board, and roll to fourth-inch in thickness. Brush with melted butter and sprinkle with the fruit, sugar and cinnamon. Roll same as jelly roll, and cut into pieces half-inch in thickness. Place on buttered pan and bake in hot oven fifteen minutes.

One-egg Muffins.

3 cups flour.
4 level teaspoons baking-powder.
3 tablespoons melted butter.
1½ cup milk.
1 teaspoon salt.
1 egg, well beaten.

Mix dry ingredients. Well sift or stir as you please. Add gradually the milk, then the melted butter, then the egg beaten until quite light. Fill buttered muffin tins and bake in hot oven for fifteen or twenty minutes. This will make one dozen muffins.

Rice Muffins.

2 full cups flour.
½ cup cooked rice.
4 teaspoons baking-powder.
1 cup milk.
1 egg.
2 tablespoons melted butter.
½ teaspoon salt.

Mix flour, sugar, salt and baking-powder. Add half milk to rice, other half to dry ingredients and your well-beaten egg. Add rice and melted butter, beat thoroughly, and bake in well-buttered muffin-tins until a nice brown.

Berry Muffins.

2 tablespoons butter (rounding).
4 level teaspoons baking-powder.
1 egg.
1 cup berries.
2½ cups flour.
⅓ cup sugar.
1 cup milk.

Cream the butter, and add sugar and egg well beaten. Mix baking-powder with flour and salt. Reserve half cup of the flour to mix with berries, and

added last. Add remainder of the flour with the milk to the creamed sugar, butter and egg.

Corn=meal Muffins.

2 cups corn-meal.
1 cup white flour.
4 teaspoons baking-powder.
1 teaspoon salt.
1 cup milk.
2 eggs.

Pour enough boiling water over the meal to burst the starch grains, beat the eggs light, put with the milk, add the flour to the meal, first mixing the baking-powder and salt with the flour. Then add the eggs and milk, beat well, and bake in gem pan in hot oven.

Corn Egg Bread.

1 cup white flour.
2 cups corn-meal (granulated).
1 teaspoon salt.
4 teaspoons baking-powder.
1 tablespoon butter (melted).
2 eggs, beaten very light without separating.
1¾ cups milk.

Mix all the dry ingredients. Add eggs to milk, pour on and beat thoroughly. Add the melted butter, put into hot, well-buttered square tin pan with low sides, so that bread will brown on top. Bread does not brown in deep pans.

Sally Lunn.

2 cups flour.
1 cup milk.
½ teaspoon salt.
3 eggs, beaten separately.
1 level tablespoon butter, melted.
4 teaspoons baking-powder.

Mix dry ingredients together. Milk and egg yolks, and add to first. Beat well, then put in the beaten whites. Bake in cake tins well buttered.

Brioche.

¾ pound butter.
½ teaspoon salt.
2 tablespoons sugar.
7 eggs.
1 quart flour.
2 cakes compressed yeast.
⅓ cup water.

Dissolve the yeast in the water, then add enough of the flour to make a soft ball of paste. Drop the ball into the pan of warm water, cover, and set in warm place to raise. Put the rest of the flour on a platter, make a well in the center; into this put the butter, salt, sugar and four eggs. Break the eggs in whole. Have the butter rather soft. Work them together with the hand, gradually incorporating the flour. Add two more eggs, one at a time. Work and beat with the hand until it loses its stickiness, which will take some time. When the leaven is quite light, lift it out of the water with a skimmer, and place it with the dough. Work them together, add one more egg (last of the seven), and beat it a long time, using the hand. The longer it is beaten, the finer the grain of the paste will be. Put the paste in buttered bowl, cover, and let it rise to double its bulk, then beat it down and place on ice for twelve or twenty-four hours. Take it from the ice and make it into rolls or buns, and bake in turk's-head pan, and when done pour cup of sherry wine on while it is hot, and dip the wine up until cake absorbs it all.

Pop-overs.

1 cup flour. 1 cup milk.
½ teaspoon salt. 2 eggs.

Mix flour with salt, pour on the milk slowly until a smooth batter is made, then break in the eggs, and with the Dover beater beat very rapidly for two or three minutes, and turn into muffin pans buttered and hot, with piece of butter size of pea in each pan.

Fadges.

1 cup entire wheat flour. 1 cup cold water.
2 eggs.

Add water gradually to flour, and with Dover egg-beater beat until very light. Bake same as pop-overs.

Beaten Biscuit.

1 pint flour.
⅓ cup lard.
1 teaspoon salt.
Milk and water in equal quantities to make a rather stiff dough.

Mix salt with flour. Chop in lard with knife. Turn on floured board, and beat with rolling-pin or wooden mallet until covered with blisters, folding all the while to enclose all the cold air you can. Roll to one-third inch in thickness and cut with small cutter. Prick with fork. Bake twenty minutes in hot oven.

Entire Wheat Griddle-cakes.

1 cup entire wheat flour.
1 cup white flour.
4 teaspoons baking-powder.
1 teaspoon salt.
2 tablespoons sugar.
2 eggs.
1½ cups milk.
1 tablespoon melted butter.

Mix dry ingredients well together. Beat eggs, add milk to eggs, and pour onto the dry mixture, slowly beating all the while to keep from having lumps form, which it will do if you pour the milk all on at once, or try to put the flour into the milk. After all is well mixed, beat thoroughly and bake on well-greased hot griddle. When puffed and full of bubbles, turn, and cook the other side. *Never turn your cakes but once.*

Flannel Cakes.

2 cups flour.
½ teaspoon salt.
2 teaspoons baking-powder.
1½ cups milk.
1 tablespoon butter.
2 eggs, beaten separately.

Mix dry ingredients, add milk to yolks of eggs, and mix all together. When a smooth batter has been made, beat well, then fold in the whites beaten stiff and dry.

Sour-milk Cakes.

2 cups flour.
½ teaspoon salt.
1 teaspoon baking-powder.
1½ cups sour milk.
1 teaspoon soda.
1 egg.
1 tablespoon melted butter

Mix same as for the above cakes.

Corn Griddle-cakes.

1 cup flour.
1 cup coarse cornmeal.
3 teaspoons baking-powder.
1 tablespoon melted butter.
1 teaspoon salt.
1 egg.
1 cup boiling water.
1 cup milk.

Scald meal with the boiling water, add dry ingredients, then milk and egg. Bake on hot griddle.

Rice Griddle-cakes.

1¼ cups milk.
1 cup boiled rice.
1 teaspoon salt.
2 eggs, beaten separately.
1 cup flour.
2 teaspoons baking-powder.
1 tablespoon melted butter.

Pour milk over rice, add salt and baking-powder to flour, add yolks of eggs beaten until lemon color, then the melted butter, then flour, and, last, the well-beaten whites of eggs.

Bread Cakes.

1 cup stale bread crumbs.
4 teaspoons baking-powder.
1 tablespoon melted butter.
1½ cups milk.
1 teaspoon salt.
1 cup flour.

Add milk and butter to crumbs, soaked until crumbs are soft, add eggs, then flour, salt and baking-powder well mixed. Bake same as other griddle-cakes.

Buckwheat Cakes.

2 cups scalded milk.
1 teaspoon salt.
2 cups buckwheat flour.
1 yeast cake.
½ cup warm water.
½ teaspoon soda.
1 tablespoon molasses or brown sugar.

Add molasses and salt to the milk, and when cool enough add half teaspoon soda dissolved in a little warm water, and the buckwheat to make rather a stiff batter. Let it rise overnight. In the morning beat down well, and add half teaspoon soda dissolved in a little warm water. (Do not have the water too hot.) Cook same as any griddle-cake, being careful not to turn but once.

Waffles.

2 cups flour.
1 teaspoon salt.
1½ cups milk.
1 tablespoon melted lard.
2 eggs, beaten separately.
3 teaspoons baking-powder (level.)

Mix dry ingredients, add milk gradually, yolks of eggs well beaten, the melted lard, and, last, the whites beaten stiff and folded in.

The waffle iron should fit closely, be very hot, and well greased with good fresh lard. Put one tablespoonful of the batter in each compartment of the hot iron, and the mixture will then spread to fill the iron. If your iron is sufficiently heated, you should be able to turn at once. Serve with maple molasses, honey, or any sweet desired.

Rice Waffles.

2 cups flour.
½ cup cooked rice.
1½ cups milk.
2 eggs, beaten separately.
4 tablespoons baking-powder.
½ teaspoon salt.
1 tablespoon melted lard.

Mix dry ingredients, work in rice with back of wooden spoon or the tips of fingers, add milk, yolks of

eggs well beaten, and melted lard; whites beaten stiff. Cook same as waffles.

Raised Doughnuts.

1 cup scalded milk.	3 tablespoons butter (level).
½ yeast cake.	1 cup sugar.
½ cup lukewarm water.	2 eggs.
Nutmeg or cinnamon to flavor.	1 teaspoon salt.

Flour to make a stiff batter.

To the scalded milk add the salt, sugar and butter; when cool, add the yeast cake dissolved in water. Then the flour, and let it rise to double its bulk; if too soft to handle, add more flour. Turn on well-floured board and roll to three-quarter inch in thickness. Shape with cutter, lay on floured board and let rise again. Fry in deep fat, drain on paper. Sprinkle with powdered sugar.

Doughnuts.

1¼ cups sugar.	1 cup milk.
3 tablespoons butter	4 teaspoons baking-powder.
3 eggs.	½ teaspoon cinnamon.
1 teaspoon salt.	Flour to roll.

Cream butter and add sugar gradually. Beat eggs until light without separating, then flour enough to make a dough you can turn on a well-floured board and handle, using about one-third of the mixture at a time. Shape with doughnut cutter, and fry in deep fat, which must be kept of uniform temperature. (Rule for testing fat is forty seconds for cooked material such as croquettes, oysters, etc., and sixty seconds for doughnuts and any uncooked foods.) The doughnut wants to come quickly to the top brown, be turned, and brown on the other side.

Strawberry Shortcake.

2 cups flour. 3 tablespoons butter.
½ teaspoon salt. Milk to make a soft dough.
4 tablespoons baking-powder (level).

Mix dry ingredients, chop in butter, add milk. Toss on well-floured board, divide in halves, pat and shape to size of square cake tin that has been well buttered. Brush first layer with one tablespoon melted butter, shape second half and lay lightly on the buttered half. Brush top with milk, place in oven and bake a golden brown.

To Prepare the Berries.

Wash one quart of berries and stem them after they drain. With a small knife slice the berries in thin slices and sprinkle with one pint of sugar; let them stand for one hour. When your crust is done, turn on cloth and remove the bottom piece and place on a hot platter that you can send to table to serve from. Use a ladle with holes in it and drain the juice from the berries as you dip them up. Spread berries on bottom layer of cake on platter and place top layer on. Put in warming oven until ready to serve.

Sauce for Shortcake.

½ cup butter. 2 cups boiling water.
1 cup sugar. 2 tablespoons cornstarch
Juice from berries. 1 tablespoon lemon juice.

Cream butter, add sugar slowly, mixed with the cornstarch. Add the boiling water. Place on the fire and cook for five minutes, stirring all the while after it begins to boil. Remove from the fire, add the juice from the berries and the tablespoon of lemon juice, and send to table to be poured over shortcake as it is served.

This same rule is used to make shortcake from any of the small fruits and berries, also for apricot, peach, etc. Cherries are cooked for ten minutes, then the cherries dipped out and juice reserved for sauce. The peach wants to be ripe and very soft. Lay in sugar for one hour, and dip out same as the strawberry. Pineapple is good.

I never use cake dough for making fruit shortcake. The crisp crust without the sugar is the best.

CHAPTER IV.

CEREALS.

"We cultivate literature on a little oatmeal."—*Sidney Smith.*

OUR cereals include wheat, oats, rye, barley, corn and rice. The wheat is probably used most for the reason it is more easily digested than the others, excepting rice.

From the wheat flour we get our macaroni, spaghetti and vermicelli, with various kinds of pastes from Italy. Our best macaroni comes from Italy, although our own country manufactures it to some extent. We find the imported best for the reason that the Italian wheat is richer in glutine than what we produce, which is due to the difference in climate.

The cereals want always to be cooked in *double boiler*, to avoid burning. The oat cereals want thirty minutes' cooking, and longer does not hurt. The coarse oat meal, which we seldom get any more, will require three hours.

Wheat cereals want twenty minutes' cooking, using one and three-quarter cups water to the cup of cereal. Rice wants to be boiled one hour. The amount of wetting depends on the age of the rice. Corn meal will require from two and a half to three hours' cooking; the coarse hominy, from four to five hours; fine hominy, one hour.

Corn-meal mush left over can be shaped in something to prevent crusting, and fried for breakfast; but, in my opinion, the best fried mush is made quickly and fried at once in hot fat. Dip up by the spoonful and

drop in by pushing off with a knife. The fat will require to have a little butter in it to make the mush brown. Serve with hot syrup made of brown sugar.

Rice with Cheese.

1 cup cooked rice.
Cayenne pepper.
½ pound cream cheese.
1 tablespoon butter.
Milk.

Rissoto à la Creole.

1 cup rice.
½ cup butter.
3 cups brown stock.
1 cup strained tomato.

Melt and heat butter in frying-pan, put rice in and stir until well browned. Add stock and strained tomato, and cook in double boiler until soft. Turn on serving-dish and serve with sauce made with:

1 small onion.
1 green pepper (shredded).
2 tablespoons flour.
3 tablespoons sherry wine.
½ cup mushrooms.
3 tablespoons butter.
1 cup strained tomatoes.
Salt to taste.

Cook onion and pepper in butter, add tomatoes and mushrooms, cook five minutes, remove from fire, pour in sauce-boat, add sherry and serve on rice at table.

Macaroni with Cheese

Put one layer of boiled macaroni in buttered baking-dish, and sprinkle with grated cheese. Repeat, pour over all a thin white sauce, and sprinkle with buttered crumbs. Bake twenty minutes. or until nicely browned.

Boiled Macaroni.

Cook macaroni thirty-five minutes in boiling salted water, with a little cayenne pepper. Always stir with a fork to keep from sticking. This is served with grated Parmesan cheese and thin cream sauce as an entrée.

Macaroni wants always to have cold water poured over it when soft, to keep the pieces from adhering to each other.

Spaghetti à l'Italienne.

½ package spaghetti.
1 onion.
½ pound grated cream cheese.
1 green pepper (shredded).
1 tablespoon flour.
1 cup mushrooms.
1½ cups strained tomatoes.
4 tablespoons butter.

Boil spaghetti in plenty of salted water until tender. Drain and pour on cold water to prevent sticking. Cook onion, pepper, flour and mushrooms in butter for a few moments, and add strained tomato. Put into a well-buttered baking-dish a layer of the boiled spaghetti and a layer of the Italian sauce and grated cheese. Repeat, having layer of cheese for top. Bake until brown. One-fourth cup wine is good put over top just as you send it to table.

Macaroni and spaghetti can either be cooked by any of the above rules. They are made from the same paste, only different-sized pipes.

CHAPTER V.

SOUPS.

SOUPS are divided into two classes—the "fat" and "lean." The French class them as soups made with stock and those made without.

Brown Stock—Made from beef bones and fat.

White Stock—Made from chicken or veal.

Bouillon—Made from lean beef seasoned and cleared.

Consommé—Made from beef, veal and fowl, and very highly seasoned with vegetables, spices and sweet herbs, and always cleared.

Lamb Broth—Made from mutton delicately seasoned.

Cream Soups—Made from vegetables or fish, with seasonings and cream.

Purées—Made from vegetables or fish forced through a strainer and put in the soup. Purées are thicker than cream soups. Sometimes we use white stock in making them.

Bisques—Generally made from shell-fish, milk and seasonings, and served with fish dice in them.

A French cook-book will give you more than a hundred kinds of soups, each taking its name from some ingredient that is put into it or from some distinguished person to whom it was served first.

Soup Stock.

6 pounds from middle cut of shin.	A bouquet of parsley, sweet marjoram and thyme.
1 carrot.	1 turnip.
1 stick of celery.	1 onion.
¼ bay leaf.	½ teaspoon peppercorns.
3 cloves.	1 tablespoon salt.

Water to cover one inch above the meat.

Wipe the beef and cut the lean meat from the bone. Brown one-third of the meat in some butter or the marrow from the bone. Put the remaining two-thirds with the bones in soup-kettle, add water and salt, and bring very slowly to the boiling-point. Cover closely and cook for from four to five hours, allowing it to only bubble under the surface. Add vegetables and seasoning the last hour of cooking, and the spices the last ten minutes. Spices cooked too long lose their fresh flavor. Strain through sieve into agate or stone ware, and cool quickly uncovered. Then, as soon as the fat hardens on the top, we remove it and clear the stock.

To Clear Soup Stock.

Remove fat from stock and put stock in sauce-pan. Allow white and shell of one egg to each quart of stock. Heat them slightly and mix well with spoon, place on the fire and stir constantly until the boiling-point is reached. Boil for two or three minutes and set back where it keeps hot, but does not boil for ten or twenty minutes. Strain through a double of cheese-cloth resting on a strainer. It is then ready to be seasoned more, if necessary, and the addition of any vegetable or paste you wish to put to it. It will take its name from the solid you add to it, the stock being the foundation of all soups which come under the name of stock or fat soups.

The Way We Bind Soups.

Cream soups and purées will separate when they stand, unless they are bound together with flour and butter. To do this we use equal quantities of butter and flour, according to the amount of soup we are making. Put the butter in saucepan, and when it bubbles

add flour, then some of the hot soup, and stir until smooth; then turn slowly into your soup in double boiler, and keep hot until serving-time. Your soups are a stimulant for the stomach, and should always be served hot. This especially should be the rule for the clear soups and bouillons. A cream soup or purée, with salad and bread and butter, makes a meal.

Tomato Bouillon.

1 quart tomatoes.
1 tablespoon minced onion.
4 cloves.
1 tablespoon butter.
1 pint water.
1 tablespoon minced parsley.
6 peppercorns.
1 tablespoon lean ham.
Salt to taste.

Cook all together for ten minutes, strain through sieve, cool, and clear with whites and shells of two eggs, same as any soup stock. Heat very hot and serve in cups.

Tomato Bouillon with Oysters.

To the above recipe add one pint of oysters that have been parboiled in their own liquor, and drained on sieve for a few moments.

Bouillon.

5 pounds lean beef from middle of round.
2 pounds bone, cut up well.
1 teaspoon peppercorns.
1 tablespoon salt.
Carrot, Turnip, Onion, Celery } ½ cup each, cut fine.
Water to cover all about 1 inch above meat and bones, meat being cut and placed in compact.

Brown one-third of the meat in some butter or fat from marrowbone. Put the browned meat and bones in the kettle with the other two-thirds of meat. Bring

to the boiling-point slowly, and remove to slow fire, where it keeps at boiling-point for four hours, adding seasoning and vegetables the last hour of cooking. Strain, cool and clear. Serve hot in bouillon cups.

White Stock.

3 pounds knuckle of veal.
1 pound lean beef.
1 onion.
1 small carrot.
2 stalks celery.
1 dozen peppercorns.
¼ bay leaf.
2 sprigs thyme.
2 cloves (pinch out end).

Wipe meat, cut from bone in small pieces, cut beef in pieces, and put in soup-kettle; cover with cold water, add tablespoon salt. Cook slowly for four hours, keeping it below the boiling-point. Add vegetable and seasoning last hour. The stock should reduce one-third if kept at proper degree of heat.

Chicken Soup.

3-pound fowl.
5 pints water.
1 tablespoon salt.
1 stalk celery.
1 onion, cut in slices.
½ small carrot.
1 cup cream.
1 egg.
¼ teaspoon peppercorn.

Boil fowl whole or cut up just as you please. Bring quickly to the boiling-point, then let simmer until meat is tender, when you stick fork in second joint. Remove meat, add seasonings and vegetables, cut very fine, and continue simmering for about twenty minutes. Strain, cool and remove the fat; thicken with two tablespoons butter (level) and two tablespoons flour. Beat egg very light, add cream, and just as you are ready to send to table turn eggs and cream in soup; heat, but do not boil or the egg may curdle. You can add two tablespoons sherry wine with cream and egg.

Chicken Broth.

This same stock is served as chicken broth without the thickening or egg. Serve in bouillon cups.

Turkey Soup.

Break the carcass in pieces, with any bits of meat left over. Remove all dressing. Cover with cold water and simmer one and a half hours. Strain, cool and remove fat. Season with salt, pepper and a stalk of celery. Cook the celery with the carcass. This is very good.

Potage à la Reine.

4 cups white chicken stock.
12 peppercorns.
Slice of onion.
Stalk of celery.
2 tablespoons butter.
½ cup cream.
⅓ cup cracker crumbs.
2 cups scalded milk.
½ cup cold milk.
2 tablespoons flour.
Yolks of 3 hard-boiled eggs.

Cook stock with seasonings fifteen minutes, chop, and rub the breast meat of the fowl as fine as it can be made. Rub the eggs through a sieve. Soak the cracker crumbs in the cold milk until soft. Add two eggs. Mix thoroughly, and add the chopped meat to egg and cracker mixture, then pour on the hot milk slowly. Turn all into the strained stock, boil two or three minutes, and bind with the butter and flour. Turn in the half cup cream and serve at once. This was Queen Victoria's favorite soup.

Cream of Cauliflower Soup.

4 cups white stock.
1 stalk celery.
Small piece of onion.
2 yolks of eggs.
¼ cup butter.
⅓ cup flour.
2 cups milk.
½ cup cream.
1 cauliflower, boiled until tender.

Soak cauliflower head down in cold water with tablespoon of salt; cook in boiling salted water twenty minutes. Reserve about half of the nicest part of the flowerets, and rub the remainder through sieve. Sauté the onion and celery in butter a few moments; remove, add the flour, and stir into the hot stock; add the cauliflower and hot milk. Season to taste, with salt and pepper. Strain, reheat, and add the yolk of eggs and half cup of cream. Add flowerets and send to table at once. This can be made without the eggs and cream, but is better with them.

Cream of Lettuce Soup.

3 cups white stock.
2 tablespoons rice.
Slice of onion, cut fine.
2 heads lettuce, cut fine.
2 tablespoons butter.
½ cup cream.
Yolk of 1 egg.
Salt and pepper.

Cook onion a few moments in butter (do not let it brown), add lettuce, and toss a few moments in the butter to get the flavor. Add the rice and stock, cook until the rice is soft, strain through sieve, then add cream and yolk of egg, salt and pepper, and serve.

Cream of Asparagus Soup.

3 cups white stock.
3 bunches asparagus.
Slice of onion.
¼ cup butter.
¼ cup flour.
2 cups scalded milk.
3 cups cold water.
Salt and pepper.

Remove the tips from asparagus, tie up in piece of cheese-cloth, and cook on top of asparagus to serve in the soup. Add asparagus to cold water, simmer until tender, then onion and stock. Boil thirty minutes, rub through a sieve, and bind with the butter and flour and the tips that you have cooked in the cheesecloth until tender. Add scalded milk, salt and pepper.

Cream of Celery Soup.

3 cups white stock.
3 cups celery, cut in inch pieces.
2 cups boiling water.
Slice onion.
2 tablespoons butter.
3 tablespoons flour.
2 cups milk.
1 cup cream.
Salt and pepper to taste.

Cook celery five or ten minutes, drain and cook in the stock until tender, and rub through sieve. Scald onion in milk in double boiler, remove onion, add stock, and bind with the butter and flour. Add cream and seasoning, and serve very hot.

Spinach Soup.

4 cups white stock.
2 cups milk.
¼ cup butter.
½ peck spinach.
3 cups boiling water.
Salt and pepper.
¼ cup flour.

Thoroughly wash the spinach, cook twenty-five minutes in boiling water with half teaspoon of salt and half teaspoon of sugar; drain, chop and rub through sieve. Add stock, heat to boiling-point, bind with butter and flour, add milk seasoning, and serve at once. It is best to keep all cream soups in double boiler to keep hot and not boil.

Scotch Soup.

3 pounds mutton from fore-quarter.
2 tablespoons carrot in dice.
2 tablespoons turnip, diced.
2 tablespoons flour.
Water to cover meat.
1 small onion.
1 teaspoon salt.
Pepper to taste.
2 tablespoons barley.

Wipe meat and cut in small pieces, refusing all fat and skin. Add water, bring to boiling-point, skim, cook slowly for two hours. Add the salt, pepper, carrot, turnip and onion for the last hour's cooking. Soak, strain, cool, and remove fat; reheat and thicken with

the flour. Cook barley that has been soaked overnight until tender, drain and add to soup. If barley were cooked in the soup, it would absorb most of the broth. You can use rice prepared in the same way if you prefer it, and the cubes of carrot, turnip and onion can be cooked until tender and put in the soup same time with the barley or rice.

Mock Turtle Soup

1 calf's head.
6 cloves (ends pinched out).
1 small carrot, diced.
2 hard-boiled eggs.
⅔ cup flour.
1 cup stewed and strained tomato.
½ teaspoon peppercorns.
1 small onion, sliced.
2½ cups brown stock.
¼ cup butter.
Juice of ½ lemon.
½ cup Madeira wine.

Wash and clean calf's head. Soak from one to two hours in cold water to cover. Cook until tender in three and a half quarts salted boiling water, to which the seasonings and vegetables have been added. Remove head, boil stock until reduced to one quart, strain and cool. Melt and brown butter, add flour, and stir until well browned, then pour on slowly brown stock. Add head stock, tomato and one cup force-meat cut in dice, and lemon juice; also egg balls made from yolks of eggs. Heat very hot, add wine and serve at once.

Mulligatawny Soup.

5 cups white stock.
1 cup tomatoes.
1 pepper, chopped fine.
1 apple, sliced.
1 cup boiled rice.
Onion, carrot and celery, ¼ cup each, cut fine.
3 tablespoons flour.
¼ cup butter.
2 cloves.
Sprig parsley.
Very little curry powder.
Salt and pepper to taste.
1 cup raw chicken, cut in small pieces.

Cook vegetables and chicken in the butter until brown. Mix curry powder and flour, add to the butter and vegetables, with the cloves, parsley, stock and tomato. Simmer one hour and ten minutes, strain, reserving the pieces of chicken, and rub the vegetables through a wire purée sieve. Reheat, add chicken, boiled rice, and salt and pepper to taste.

Consommé.

4 lbs. round of beef and bone.
½ cup each carrot, turnip and celery, cut fine.
1 3-pound fowl.
2 tablespoons butter.
¼ bay leaf.
1 onion, sliced.
3 lbs. knuckle of veal.
2 or 3 sprigs each parsley, thyme and marjoram.
1 teaspoon peppercorns.
3 cloves.
1 tablespoon salt.

Cut the beef into small pieces and brown one-third of it in the marrow from the bones or some butter; put remaining quantity in soup-kettle with veal and bones cut very fine, so they can be placed in the kettle compactly. Turn in the browned pieces of meat, and turn some water in the frying-pan you take the meat from, and get all the brown from the pan and turn into the kettle to give the soup a fine color. Then cover the meat and bones in the soup-kettle one inch above the meat, heat slowly to the boiling-point, and simmer for three hours. Cook your fowl in water enough to make about one quart of stock; it will require about two and a half hours' cooking, or until the fowl is quite tender. Add this liquor to your soup-kettle and simmer one hour longer. Cook the celery, turnip, carrot and onion with two tablespoons butter for five minutes, and turn into the soup with the remaining seasonings, and cook for one hour and a quarter. Strain, cool

quickly, remove fat, and clear. The fowl can be used for creamed chicken croquettes or chicken salad.

This consommé is used with a variety of ingredients, and whatever solid is put into it gives it its name. For example:

Consommé with vegetables cut any shape you like, and cooked until tender before you put them in the consommé.

Consommé Princess.

Consommé with diced chicken and tender peas.

Consommé Aux Pates.

Consommé with Italian pastes that have been first cooked in boiling salted water until tender. It can be either macaroni, spaghetti or noodles.

Consommé with Poached Egg.

Poach and serve one egg to each plate.

Cosnommé à la Royale.

Consommé with royal custard cut in fancy shape and put just as you send it to the table.

SOUPS WITH FISH STOCK.

Clam Soup with Poached Egg.

1 quart clams.
2 tablespoons butter.
1 small onion, sliced.
2 tablespoons flour.
Whites of two eggs.
4 cups milk.
Salt and pepper to taste.

Clean and pick over the clams, using three-fourths cup of water. Reserve the liquor. Put aside the soft parts and chop fine the hard parts. Bring gradually

to the boiling-point, and strain, then thicken with the butter and flour. Scald the milk in double boiler with the onion in it. Remove the onion, add the milk and soft part of the clam to stock; cook for two minutes, and pour over the stiff-beaten whites of eggs, and serve at once.

Clam Bouillon.

½ peck clams. 3 cups cold water.

Wash and scrub clams well, using several waters. Put into kettle with cold water. Cover tightly, and steam until the shells are well opened. Strain liquor, cool, and clear with whites of eggs.

Oyster Soup.

1 quart oysters. ⅓ cup butter.
1 quart milk. ⅓ cup flour.
Salt and pepper to taste.

Clean oysters by placing them in colander and pouring over them one cup cold water. Carefully pick over the oysters and reserve the liquor, which you heat to the boiling-point and strain through a French sieve. To this liquor you add the oysters (which you can slightly chop, if you like), and bring them to the boiling-point, which will plump the oysters. To this you add the butter and flour cooked together. Lastly add the quart of milk that has been brought to the scald in the double boiler. Season to taste. A slice of onion can be put in the milk while heating, if desired, also a blade of mace. But, if you like the oysters for their flavor, all this is better left out.

Oyster Stew.

1 quart scalded milk. 1 quart oysters.
Salt and pepper to taste. ⅓ cup butter.

Clean and prepare oysters same as for oyster soup, reserving the liquor, which you heat to the boiling-point. Strain through a fine sieve, put back on fire, reheat with oysters in, and cook until the oysters are plump and edges begin to curl. Remove the oysters with skimmer and put into tureen with butter, salt and pepper. Strain the liquor once more, add to milk, and turn over the oysters in tureen, and serve with oyster crackers.

Scallop Stew.

Make same as oyster stew, using one quart of scallops instead of oysters.

Lobster Bisque.

2 pounds lobster.	½ cup cream.
1 cup white stock.	¼ cup butter.
3 cups milk.	¼ cup flour.

Few grains cayenne and salt to taste.

Remove meat from lobster shell; scald milk and stock in double boiler; thicken with the butter and flour rubbed togehter. Add the tail meat cut in cubes, also the tender meat in the claws. Season with salt and cayenne. If you desire a strong flavor of the lobster, the shell can be heated in the stock and strained off. Just before sending to the table, add the cream, but do not let it stand or the cream may curdle. Should there be coral, wash it, and rub through a sieve; blend with butter and add to soup.

CHAPTER VI.

SOUPS WITHOUT STOCK.

Corn Soup.

1 can corn.
1 cup boiling water.
3 cups milk.
1 small onion.
2 tablespoons butter.
2 tablespoons flour.
Salt and pepper to taste.

Chop the corn fine, add the water and simmer twelve or fifteen minutes; rub through a sieve. Scald the milk with the onion, remove onion, and add milk to corn. Bind with the butter and flour cooked together. Add salt and pepper, and serve with popcorn that has been freshly popped.

Pea Soup.

1 can marrowfat peas.
3 cups cold water.
3 cups milk.
1 slice onion.
2 tablespoons butter.
2 tablespoons flour.
1 tablespoon sugar.
Salt and pepper to taste.

Drain peas from their liquor, and rinse them in cold water; add cold water and simmer fifteen minutes. Rub through purée sieve, reheat, and thicken with flour and butter cooked together. Scald milk and onion in double boiler, remove onion, and add milk to the pea mixture. Half cup thin cream will improve the soup.

Black Bean Soup.

1 pint black beans.
2 quarts water.
2 stalks celery.
½ tablespoon salt.
⅛ teaspoon pepper.
¼ teaspoon mustard.
1 small onion.
3 tablespoons butter.
2 tablespoons flour.
2 hard-boiled eggs.
1 lemon.
1 cup stock.

Wash beans and soak them overnight with water to cover them three inches above the beans; in the morning drain them and put them on to boil in the two quarts of cold water. Cook the onion for a few moments in one tablespoon of the butter, adding to the beans with the celery cut into inch pieces; simmer three or four hours until the beans are soft, adding more water as water boils away. When soft, rub through a sieve, reheat to the boiling-point, and add the cup of stock. Mix salt, pepper, mustard and cayenne well together, and add to the bean purée. Bind with the remaining butter and flour cooked together. Cut eggs and lemons in thin slices, and strain the soup over them in the tureen. Serve very hot.

Bean Soup.

3 cups cooked beans, either baked or boiled.
2 pints water.
1 small onion.
1 cup celery, cut fine.
2 talespoons butter.
2 tablespoons flour.
2 tablespoons Chili sauce.
Salt and cayenne.

Put the beans, onion and celery in saucepan together, and simmer together for twenty-five or thirty minutes. Rub through a sieve, and add Chili sauce, cayenne, salt and pepper, and bind with the flour and butter cooked together for a few moments. Should the soup seem too thick, you can thin it with stock, milk or water.

Celery Soup.

3 cups celery.
3 cups milk.
1 pint boiling water.
3 tablespoons butter.
2 tablespoons flour.
1 small onion.
Salt and pepper.
½ cup thin cream.

Wash and scrape the celery before cutting, cook in boiling water, and rub through a sieve. Scald milk and onion in double boiler, and add milk to celery. Bind with butter and flour cooked together, season with salt and pepper to taste, add cream and serve at once.

Split=pea Soup.

1 cup split peas.
5 pints water.
2 cups milk.
½ large or 1 small onion.
3 tablespoons butter.
2 tablespoons flour.
1 teaspoon salt.
¼ teaspoon pepper.

Soak peas overnight, drain, and add the five pints of cold water. Simmer until soft enough to rub through a sieve; put in the onion when they are about half done. Rub all through a sieve, and bind with the butter and flour, and dilute with the milk that is heated to the scald in double boiler. Add more milk if it is necessary, as this milk soup wants to be about as thick as cream.

Potato Soup.

3 medium-sized potatoes.
1 quart milk.
2 slices onion.
3 tablespoons butter.
2 tablespoons flour.
1½ teaspoons salt.
1 stalk celery.
Dash cayenne.
Little white pepper.
1 teaspoon minced parsley.

Cook potatoes in boiling salted water until very soft, and rub them through a sieve. Scald milk in double boiler with onion and celery; remove onion and celery, and add milk slowly to the potatoes. Bind the soup with butter and flour, add the seasoning, sprinkle with the parsley, and serve.

Tomato Soup.

1 can tomatoes.
1 pint water or stock (preferable stock).
12 peppercorns.
3 cloves.
2 tablespoons sugar.
2 teaspoons salt.
2 tablespoons butter.
2½ tablespoons flour.
2 tablespoons minced ham.

Cook all together for twenty minutes and strain. Bind with butter and flour cooked together; turn into tureen.

Squash Soup.

1 cup cooked squash.
1 slice onion.
4 cups milk.
2 tablespoons butter.
2 tablespoons flour.
½ cup cream.
1 egg, beaten well.

Rub squash through sieve. Scald milk and onion, and remove onion. Bind with flour and butter. Add cream; heat, but do not boil.

Cream of Tomato.

1 can tomatoes.
1 quart milk.
½ cup cream.
4 tablespoons butter.
4 tablespoons flour.
2 teaspoons salt.
1 tablespoon sugar.
¼ teaspoon soda.
Paprica and white pepper.

Scald milk and onion, remove onion, and thicken milk with flour, being careful not to lump it. Let it cook in double boiler for twenty minutes, stirring constantly at first. Cook tomatoes and sugar until they strain easily; rub through the sieve and add soda. Combine the mixture and turn into the tureen over the butter, salt, paprica and pepper. Serve at once.

Vegetable Soup.

1 quart stock or water.
½ cup carrots.
½ cup turnips.
½ cup celery.
½ cup potatoes.
½ cup onions.
1 tablespoon barley.
1 sour apple.
1 tablespoon finely chopped parsley.
Salt and pepper.
Dash cayenne.

Cut vegetables very fine, first in strips, then cut them across. Measure after cutting. Soak barley for two or three hours or overnight. Mix vegetables and cook in four tablespoons of butter for a few moments, stirring all the time; add the potatoes, barley and apple, then the stock or water, and cook for one hour very slow. Beat with fork to break the vegetables. Add a little butter, parsley, salt and pepper, and serve.

CHOWDERS.

Oyster Chowder.

1 quart oysters.
5 cups potatoes.
1 sliced onion.
4 cups scalded milk.
1½-inch cube fat pork.
1 tablespoon salt.
⅛ teaspoon pepper.
¼ cup butter.
8 common crackers.
Cut potatoes in ¼-inch slices.

Clean oysters by pouring over them one cup cold water in colander. Lift each one carefully to see there are no pieces of shells; reserve the liquor. Cut salt pork in small pieces and try out. Add onion and fry five minutes. Strain fat into stewpan. Parboil potatoes five minutes in boiling water to cover, drain, and add potatoes to fat. Pour over the oyster liquor that has been boiled and skimmed. Should there not be as much as two cups, add enough water to make the amount. Cook ten minutes or until potatoes are soft.

Add oysters, and as soon as they are plump and edges curled, add the scalded milk, butter, salt, pepper (to taste), and crackers split and soaked in a little cold milk to moisten them.

Fish Chowder.

3½ pounds cod or haddock.
4 cups potatoes cut in ¼-inch slices.
1 onion, sliced.
1½-inch cube salt pork.
1 tablespoon salt.
¼ teaspoon pepper.
4 tablespoons butter.
4 cups scalded milk.
8 common crackers, soaked in cold milk to moisten.

Have fish skinned, leaving on head and tail. Cut off head and tail, and remove fish from backbone, and cut fish in nice pieces about two inches in size, and set aside. Put on in saucepan the bones, head and tail, with two and a half cups of water, and simmer for about thirty minutes. Cut pork into small, thin pieces, and try out in frying-pan; in the fat of the pork put slices of onion and cook for five minutes, but do not let them brown. Strain fat into saucepan. Parboil the potatoes for five minutes, drain and turn into saucepan with onion and pork fat, then add two cups of boiling water, and cook for five minutes. Add liquor drained from bones with the pieces of fish; cover and simmer twelve or fifteen minutes; add scalded milk, butter, salt, pepper and a dash of cayenne, and the crackers split and moistened in the cold milk.

Chowder à la Creole.

This chowder can be made from the above recipe, using three cups of strained tomatoes instead of the milk.

Clam Chowder.

1 quart clams.
4 cups potatoes, cut in ½-inch dice.
1 sliced onion.
1 tablespoon salt.
¼ teaspoon pepper.
4 cups scalded milk.
4 tablespoons butter.
8 crackers.
1½ inch cube salt pork cut in thin slices.

Clean and pick over clams; wash with cup of cold water; drain, reserve liquor, heat to boiling-point, and strain. Remove the hard part of the clam and chop it very fine. Cut pork in thin, small pieces, and try out in frying-pan. Cook onion in pork fat for five minutes, and strain into saucepan. Parboil the potatoes for not longer than three or four minutes, drain and put layer in saucepan. Add the chopped clams, sprinkle with salt and pepper, and dredge with flour, using two or three tablespoonfuls. Add remaining potatoes, dredge again, sprinkle with salt and pepper, and add two and a half cups of boiling water. Cook ten minutes; add milk, soft part of the clams and the butter. Boil two minutes, add the crackers split and moistened. Reheat the water from the clams to boiling-point, thicken with tablespoon each of butter and flour cooked together, and add to chowder just before serving. ing.

CHAPTER VII.

GARNISHES FOR SOUPS.

Force-meat Balls.

CHOP any cooked meat fine (what is better, put it through the meat-grinder), season it very highly with onion juice, lemon juice, salt, pepper and a dash of cayenne, little minced parsley and thyme. Bind together with egg, form into balls, roll in flour, and poach in boiling water. They may be sautéd. but are better poached.

Noodles.

Use one egg, half teaspoon of salt, with flour enough to make a stiff dough. Beat egg slightly, add salt, and flour for a stiff dough. Knead slightly, and toss on a board floured as lightly as possible. Roll very thin, as thin as paper; cover with clean cloth, and rest for twenty minutes; then roll as jelly roll and cut into slices just as thin as possible, or shape in fancy shapes with vegetable-cutter, but the jelly roll is the most practical.

Royal Custard.

3 egg yolks.
1 whole egg.
¼ teaspoon salt.
Dash cayenne.
½ cup beef stock.

Beat eggs slightly, and add salt and beef stock. Pour the mixture into pan or flat dish, having it half-inch deep. Place this pan or dish inside of another with several thicknesses of paper and water to come half way up the dish with the custard in it, and place it in a

moderate oven in order that it may set and not bubble or brown on the top. Set where it will become perfectly cold, and cut it from the dish in cubes or fancy shapes if desired. It should be placed very carefully in tureen just at serving-time, allowing three or four pieces to a service.

Egg Balls.

Rub through a potato-ricer the hard-boiled yolks of three eggs. Season with salt, pepper and a little cayenne, and moisten with the uncooked yolk of one egg to bind it together. Form into small balls, using one-third of a teaspoonful to each ball. Roll in white of egg, then in flour, and poach in boiling water, or fry in butter. Serve in mock turtle, consommé or bouillon.

Marrow Balls.

Melt and strain one tablespoon marrow into a bowl; beat it until very creamy, then add one egg and beat it again thoroughly. Season with pepper, salt and paprika. Add to this as much soft bread crumbs as it will moisten. Roll into balls and poach in boiling water.

Green Peas for Garnish.

To one cup green peas put through a potato-ricer and freed from the skins, add one tablespoon soup stock and whites of three eggs, and season with salt, a teaspoon of sugar, and a little white pepper. Mix thoroughly and place in a mould. Set the mould in pan filled partly with hot water, putting two or three doubles of paper under the mould. Cook in slow oven until the mixture is set and firm. Cool, unmould, cut into cubes, and serve in soup just as you send to the table.

CHAPTER VIII.

PREPARATION AND CARE OF FISH.

"The turbot shall be served at the king's coronation, taken in the kingdom or elsewhere."—*Kirwin's Diners and Dining.*

FISH is an article of food which requires great care and clear, good judgment on the part of the housewife. It wants to be perfectly fresh, properly cleaned and well cooked. If underdone, it should never be served; while, on the other hand, overcooking spoils the flavor and makes it dry. The sooner it is cooked, after being taken from the water, the better for fish and the ones to whom it is served. The story of the steward reaching under the table and drawing the fish from the stream running through the king's dining-room, as told by Kerwen in an old English cook-book which I have, is a fine illustration of the best condition for the fish to be in when served at his master's table. The guest knew it was fresh and would be cooked to perfection, and thought of it while it was being prepared, so that when it was presented, garnished and arranged in the most appetizing way, the palate was ready to enjoy it to a degree, and the fact that it was eaten with so much relish made it easy and quick of digestion.

When the fish is fresh the eyes are bright, the gills red, and the flesh firm and without odor. You can have your fish-dealer remove the scales and draw the fish

before delivering. As soon as you get it, you thoroughly wash by letting the water run on the fish; never lay it in water to soak, as you lose the juices in this way. Wipe with a clean piece of cheesecloth wrung out of cold, salted water until thoroughly dry and free from any slimy feeling which the fish is apt to have. Then wrap the fish in a cloth kept for that purpose, and over the cloth a thick, large piece of paper, and lay in the ice-box, in some place in the top of the box, so it will not in any way interfere with milk and butter you may have in your box. It should lie directly on the ice until ready to cook. Frozen fish should be laid in cold water until they thaw and become flexible, but not a bit longer. The head and tail should be left on, and the fins trimmed and shaped of a fish which is to be served whole.

To Skin and Bone a Fish.

With a sharp-pointed knife loosen the skin all around the head and down the backbone. Dip the hands in salted water, and you will be able to strip the skin off nicely. After the skin has been removed with a sharp-pointed knife, you loosen the flesh down the back, pressing the knife against the bone until it is free. The fillet may then be cut into two or more pieces, according to the size of the fish.

Fillets from sole, flounder, and other small, flat fishes, are sometimes rolled and skewered until cooked. Wooden toothpicks answer for this purpose admirably. Too much care can not be taken to have the fish fresh and well cared for, as it very quickly gathers ptomain, which is the cause of many cases of poisoning.

To Boil Fish.

Clean, trim and wrap the fish in a clean piece of cheesecloth or mosquito netting, tying it firm. Put to boil in salted water to cover the fish well, and add one tablespoon salt and one tablespoon vinegar or lemon juice to three quarts of water. This tends to whiten and harden the flesh of the fish, as well as to season it. A bay leaf and soup vegetables improve the flavor of haddock and codfish. Be sure the water is boiling hot when you put the fish in; let it come to the boiling-point, then lower the heat to the simmering-point, for the fish wants the same kind of cooking we give the egg, as it is largely albumen. The fish-kettle is necessary where the fish is to be served whole, but in any case it is best to wrap in the cloth, although it can be tied into shape and rested on the strainer of the kettle. Allow ten minutes to the pound after the water begins to simmer. In preparing a fish to boil or bake that is to be served whole, it is much better to have it drawn from the throat. It can be be nicely done, as the writer has often done it; and to keep it in shape, if you do not use fish stuffing, it is well to put a carrot in to hold it firm, and prop it on the sides with either turnips or potatoes. Garnish with parsley and slices of lemon and hard-boiled eggs, or with the parsley alone, placing the garnish at head and tail, leaving the platter free on the sides for the carver.

Boiled fish needs to be served with a rich sauce—drawn butter, Hollandaise or Béchamel. In the drawn-butter sauce you want to put finely chopped hard-boiled eggs.

Baked Fish.

After the fish has been carefully cleaned, drawn, eyes removed, fins and tail shaped, put in the stuffing, sew up opening with a trussing or large needle; then cut three gashes on either side of the fish and lay some pieces of salt pork in each cut, and fasten with a wooden toothpick to hold it in place. You can shape it in the form of a letter S, if you like, with a long trussing-needle and a piece of white cotton cord drawn tightly, or prop on the sides with potatoes and leave in the natural shape.

Dredge the fish with salt and pepper, and lay slices of pork in the pan and over the top of the fish. The pork gives a nice flavor and does the basting at the same time; if the fire is kept low enough, the pan will not burn. This can be done nicely with the present-day gas stove. Allow fifteen minutes to the pound, and during the cooking baste with the pork fat as it cooks out. The fish is more easily removed if a fish-sheet is used in the bottom of the pan.

Haddock, white lake fish, shad and bluefish are good for baking. Garnish with lemon, parsley or lettuce, and serve with Hollandaise, tomato or a brown sauce.

Stuffing for Baked Fish.

1 cup cracker crumbs or 1 cup bread crumbs.
¼ cup butter (melted).
1 teaspoon salt (level).
Dash pepper.
1 tablespoon minced onion.
1 tablespoon minced parsley.
1 tablespoon minced olives.
1 tablespoon minced pickles.
1 tablespoon minced capers.
1 egg to moisten.

Fillets of Haddock with Oyster Stuffing.

Skin and bone a four-pound haddock, leaving in the large bones near the head to keep the fillets in

shape. Sprinkle with salt and brush with lemon juice. Place on a well-greased fish-sheet in a dripping-pan, and cover thickly between the fillets with oysters, well seasoned and dipped in buttered cracker crumbs. Place the fillets together and fasten in several places with small wooden toothpicks. Brush with egg slightly beaten, cover top with buttered crumbs, and bake in moderate oven for forty or forty-five minutes. Serve with Hollandaise sauce. The oysters want to be large. Allow one cup of cracker crumbs to one pint of oysters after they are drained and cleaned.

Stuffed Haddock, Oyster Sauce.

Clean, wipe, shape and sprinkle with salt on the inside, and stuff with highly seasoned cracker crumbs, using a little onion juice. The fish wants to weigh from three and a half to four pounds. Bake slowly in moderate oven, using salt pork on top of fish and in the pan to baste with. Serve with oyster sauce.

Oyster Sauce.

1 pint oysters.
¼ cup flour.
1 cup oyster liquor.
1 cup milk.
¼ cup butter.
Chicken broth can be used instead of milk.
Salt and pepper to taste.

Wash oysters in half cup of water. Heat the oyster liquor, and strain. Add the oysters to it and cook until plump. Remove the oysters, and make a sauce of the butter, flour, milk and oyster liquor. Add the oysters and season to taste with salt and pepper.

Oyster Stuffing for Fish.

1 cup cracker crumbs.
¼ cup butter.
½ pint oysters.
2 tablespoons lemon juice.
1 tablespoon chopped parsley.
Salt and pepper to taste.
Moisten with oyster liquor.

Crumb the crackers rather coarse, and stir into the melted butter; add the seasonings and the oysters that have been cleaned, and moisten with the liquor, using care not to have them too wet, as there will be moisture from the oysters as they get hot in the baking. This stuffing can be used for haddock, cod, slices of halibut, or any fish you desire to bake and stuff.

Baked Halibut Steaks.

Two halibut steaks cut one and a half inches thick; scrape well on the skin side, and wipe with cheesecloth wet in salt water. Lay on a well-buttered fish-sheet, and place in dripping-pan. Spread the top with soft butter, and cook in moderate oven until the fish leaves the center bone and will flake nicely. Use a very little water in bottom of pan, and baste several times while it is cooking. Serve with Tartar sauce and cucumbers, dressed with French dressing. This makes a beautiful fish course for a green luncheon.

Fillets of Flounder.

A piece of fish, large or small, freed from skin and bone, is called a fillet. When flounder is cut into fillets, it is often served as fillets of sole, a fish found in English water and held in high esteem. Select your flounders of uniform size and large enough that each fish will give you four fillets. Marinate them with two tablespoons of olive oil and one of lemon juice, with salt and pepper; or dip them in melted butter and dredge with salt and pepper. Roll them, beginning at the broad end, and fasten with a wooden toothpick. Egg and crumb them, and fry in hot fat for seven minutes, putting in four at a time, so as not to reduce the temperature of the fat too much. Dress the fillets

on a platter in a circle, and serve Tartar sauce in the center. Decorate the edge of the fish with slices of lemon and watercress or parsley.

Shad.

The best and most approved way of serving shad is to plank it. It is also broiled, baked, and sometimes stuffed and baked.

Planked Shad.

Use a hardwood board one and a half to two inches thick. Split the fish down the back. Wash it well by letting the water run on the fish. Wipe it dry with soft cloth. Heat the plank before placing the shad on it, and rub it with lard so the fish will not stick. Rub the top of the fish with soft butter, and place in the broiler of your gas stove, and cook until the flesh of the fish leaves the bones readily when it is done. Place the plank on a tray and spread the fish with maitre d'hôtel butter, and serve from the plank. The plank can be dressed with mashed potatoes with rose tube and pastry bag and bunches of parsley, and this makes it very attractive. Our white lake fish is prepared in the same way.

Shad Roe with Tartar Sauce.

Put shad roe into boiling salted water, and simmer for ten minutes, being careful not to break the skin, and plunge them into cold water; when they are cold, with a sharp knife split them into nice-sized pieces to serve, and dredge them with salt, pepper and lemon juice, and dip them in beaten egg, and roll in corn meal or bread crumbs, and brown them in butter. Or they can be fried in deep fat, if you prefer, but the browning in the butter gives them a nice flavor. Pour

the Tartar sauce over them just as you send them to the table.

Tartar Sauce.

1 tablespoon lemon juice.
1 tablespoon Worcestershire sauce.
⅓ cup butter.
Salt to taste.

Brown the butter in frying-pan, and pour it over the Worcestershire, salt and lemon juice, and pour the whole over the shad roe and serve at once.

Turbans of Halibut.

2 slices halibut, cut ½-inch thick.
Juice of ½ lemon.
¼ cup melted butter.
Onion juice, salt and pepper.

Cut the bone from halibut, remove the skin, and make four turbans from each slice. Dip in the melted butter, season with salt, pepper, lemon and onion juice. Commence with the widest end, and roll each fillet into a turban, and fasten with a wooden toothpick. Bake about twenty minutes, basting with butter and hot water. Have serving-dish hot, and arrange in crown shape and fill the center with potatoes cut in cubes or balls, and seasoned with butter, salt and white pepper. Use parsley and lemon juice to garnish the dish.

To Cook Salt Mackerel.

Let soak in cold water overnight, skin side up; and, if you are going to broil them, drain and wipe them dry. Brush them with soft butter or olive oil. Place on a well-greased broiler skin side down, and place in the broiler, and when it is well browned it will be done. Remove carefully to hot serving-dish, and butter and garnish with lemon. If convenient, a half cup of hot cream is nice poured over it. Mackerel can be boiled

after soaking instead of broiled, if preferred. In that case put it in boiling water, and keep it just at the simmering point for about fifteen minutes, and slide out carefully onto the serving-dish, and season with butter, pepper and tablespoon of lemon juice, and sprinkle with minced parsley.

Broiled Finnan Haddie.

Thoroughly wash and soak for one hour in cold water, skin side up. Pour off cold water and cover with boiling water, and keep where it keeps hot, but does not boil, for twenty minutes. Drain, wipe dry and broil, first brushing with soft butter. Place in the broiler, keep the gas rather low, and cook for ten or twelve minutes. Turn onto a hot platter, butter and sprinkle with lemon juice.

Creamed Codfish.

Let a piece of nice codfish (the dun-cured is the best) be picked up into small pieces, covered with cold water, and allowed to stand for several hours. Drain and press out all the water. Cover with boiling water, and let it simmer for about ten minutes; drain again, and dress with a cup of cream sauce. Just before serving stir in the yolks of two eggs and one-fourth of a cup of cream. Serve with plain boiled potatoes, or baked.

Codfish Balls.

2 cups picked-up codfish. 1 egg.
4 cups potatoes (round). 1 tablespoon butter.
A little white pepper.

Wash the fish well in cold water, and pick it up into very small pieces, or, what is better, cut fine with scis-

sors. Wash potatoes, pare them and cut into pieces about as large as walnuts before measuring. Place the potatoes in saucepan with boiling water to cover, and put the picked fish on top of potatoes, and boil rapidly until the potato is soft enough to mash. Drain and dry the potato on the fire. Shake off the pieces of fish, and put the potato through the ricer, if you have not mashed with a potato masher, until there are no lumps in them. Then beat the fish and potatoes well together, and add the egg and butter and beat again. Take up by spoonfuls and fry in deep fat in frying-basket, putting in only a few at a time. Drain on brown paper and keep in a pile on hot dish, and serve with mustard or horseradish.

Fish Chops.

1 can of salmon or that amount of cold fish.
1 cup milk.
1 tablespoon lemon juice.
½ teaspoon paprika.
2 tablespoons butter.
3 tablespoons flour.

Pick up the fish and free it from skin and bones, making it very fine with a fork. Sprinkle with the lemon juice and add paprika and a dash of white pepper. Make the cup of white sauce with the butter, flour and milk, salt and pepper to taste, and a dash of minced parsley. As soon as the sauce is done stir into it minced fish. Mix thoroughly and spread on pan to cool. When thoroughly cold, shape into chops, crumb and egg and fry in deep fat.

Fish à la Creme.

2 cups cold flaked fish.
2 cups butter.
2 tablespoons flour.
1 cup milk.
¼ bay leaf.
1 small onion.
Sprig parsley.
½ cup cracker crumbs.

Make white sauce with the butter, flour and milk, in which the bay leaf, parsley and onion have been steeped in double boiler for at least ten minutes, when you remove the seasoning and use the milk for the sauce. Butter a small bake-dish and put in a layer of fish, and pour over it half of your sauce, then another layer of the fish and the remaining sauce on the top, and cover the whole with the cracker crumbs buttered. This makes a nice fish course served on individual dishes, or ramiquins.

Curry of Fish.

Make a sauce with two tablespoons of butter, two of flour, one cup of white stock or milk, a teaspoon of grated onion, two cups of any kind of cold flaked fish, one tablespoon of curry powder. Mix the curry powder with the flour.

Fried Smelts.

The smelt is a small, delicious fish to fry, and makes a beautiful garnish when fried in rings for a large fish to be served for a dinner party. To prepare them you open the gill on the outside, and with the thumb and finger take hold of the inner gill and can easily pull out all the part that is not fit to be served. You will find they all come away together, and the fish will retain its shape perfectly. Clean by running the water on them. Wipe dry. Dip them in milk and roll them in flour, or, if they are large enough, crumb and egg them and fry in deep fat. Use care not to put too many in the frying-basket at a time. They want to be served very crisp, with Tartar or Mayonnaise sauce. The smelt, when perfectly fresh, has very much the odor of a freshly cut cucumber.

Whitebait.

Whitebait is one of the small fishes which you clean carefully. Dry by rubbing them in a napkin. Roll them in flour, using care to get them thoroughly covered, but shake them to get off all loose flour. Immerse them in deep fat, until they take on a nice light brown color. They are so small they only take a little while to cook. Use care not to put too many in the frying-basket at a time. Drain them on a shallow pan lined with paper, and keep them hot and crisp in the oven.

Pan Fish.

These include the bass, perch, porgies, butter-fish, etc., and are all prepared in the same way. Scale, wash, remove head, or not, as you like; but, if head is left on, take out the eyes. Split them in halves, or, if very small, cook whole. They want to be wiped dry and rolled in flour or corn meal, and sprinkled with salt and pepper. They can be sautéd in pork fat or lard, or half beef drippings and lard mixed, but the salt-pork fat is the best, as it imparts a nice flavor to the fish, and a few pieces of the pork rolled in the corn meal and fried crisp is nice to eat with the fish.

CHAPTER IX.

OYSTERS AND SHELLFISH.

OYSTERS are in season from September to May. They are sold in the shell by the barrel, peck and dozen, or, after removing from the shell, by the quart. When of medium size, there are about forty-five or fifty to the quart. The freshness of the oyster is of importance, and for this reason it is best to buy in the shell, for the reason that after the shell is removed, preservatives are used by the fish dealers. The shells are on the right and left sides of the oyster, and are called the right and left valves. The one on which the oyster rests grows faster and is deeper, and is known as the left valve. The oyster valves are joined by a very elastic ligament which admits of the opening and closing of the shell, and when you go to an oyster bed you will hear the opening and closing of these shells as the oyster feeds. The oyster is attached to the shell, by a tough muscle, which is sometimes removed, together with the outside of the gill, and when this is done they are said to be bearded. The body of the oyster is made up largely of liver. Natural oyster beds are found in shallow water with stony bottoms along the entire Atlantic Coast. The oyster is five years old before it is ready for the table. I was told once by an old salt how many oysters the lady oyster would produce during the year; at present I do not recall it, but the number

was marvelous. The Blue Points are considered the best to serve on the half-shell for the first course at a dinner. They are so called from Blue Point, Long Island, from where they originally came. The Linhaven, a plump, fine-flavored oyster, is better to my notion than the Blue Point, and I see they are serving them a great deal and charge ten cents more on the half-dozen at all first-class cafés. Oysters from the Chesapeake Bay are considered very fine.

Oyster farming has grown to be quite an industry at the present day. Oysters that are large and suitable for broiling are sold in the East by the quart, but as you go South they are sold by count. The New Orleans market furnishes the largest oyster I have ever seen served, but the flavor was not nearly so good.

The oyster now is served all the year round, but during the summer months they are apt to be flabby and not so well flavored; but, if fresh, are perfectly healthy, and in Pittsburg during this last year I ate them for my first course at Fort Pitt Hotel in June, and found them fine.

Opening the Oyster.

Use a thin, flat knife made for the purpose; put it under the back end of the right valve, and push forward until it cuts the strong muscle that holds the shells together. As soon as this is done, the right valve can be lifted and separated from the left, and in serving them on the half-shell they are always left on the left valve.

To Clean the Oysters.

Place them in a strainer over a bowl. Pour over them cold water—half cup of water to a quart of oys-

ters. Carefully lift each oyster separately to see there are no pieces of shell remaining on the tough muscle. Reserve the oyster liquor in the bowl to be used for any purpose necessary.

Scallops.

The scallops belong to the bivalve family, and are found in Long Island Sound and Narragansett Bay. The edible portion of the scallop is the central muscle, and is the only part served in the market. They are found in the market from October until April.

Clams.

The clam is found just below the surface of the sand and mud above low-water mark, and are dug with shovel or rake. There are two kinds of clams—hard and soft-shell. The soft-shell is considered a great delicacy by a connoisseur. The hard-shell clams are found along the coast from New York to Florida. The small ones are called little neck clams, and are served same as Blue Points as a first course at dinner.

Lobster.

The lobster comes next in line, and is considered the highest order of the crustaceans. The largest are found in the Atlantic from Maine to New Jersey, but they are very abundant on the Massachusetts coast. The largest I ever saw was in the Washington Market, New York, and it weighed twenty-five pounds. The meat of a lobster of this size would not be good. The best weight is about two pounds. The natural color of the lobster is a dark bluish green, but when they are cooked they change to a beautiful red. Lobsters are caught in traps and pots by the lobster fishers, who

ship them alive to the market. The lobster starts during the month of March to leave the deep water, where he spends his winters, and makes his way to the coast. The lobster is usually boiled when he is taken from the trap, excepting those that are put into cold storage to be shipped to markets of distant cities, where they require them to be delivered to them alive. The freshness of the lobster is to be carefully considered, as they are coarse feeders and are easy to be infected with ptomain.

To Determine the Freshness of the Lobster.

Choose one heavy in proportion to the size. The smell wants to be fresh and the tail wants to spring back to place quickly if it has been freshly boiled.

To Boil a Lobster.

Have in your kettle enough boiling water to cover the lobster well, and add a tablespoonful of salt to the water. Take the lobster by the back and plunge him in head first as quickly as it is possible. Boil fast for three or four minutes, then simmer for thirty minutes.

Opening the Lobster.

Pull off the two large claws and the four pairs of small ones. Separate the tail and body by bending them back in the hands, and with a pair of scissors, kept in the kitchen for such uses, cut the inside of tail shell and bend it back slightly, when you can pull out the tail meat in a single piece. Turn and use care to remove the intestine, that you will find runs the entire length. This vein is always visible, but will vary in color, being white, red and black. In the body is found "the lady," or stomach, which you leave. If

there is any coral, reserve it for decorating purposes. Pull out the woolly gills found in the body, and take out any bits of meat found between them. Disjoint the large claws, cut the shell (if not too hard) and remove the meat as whole as possible. Take the meat from the small claws with a skewer, being careful not to break them. Wash them and reserve them for decotion. They make a beautiful garnish with parsley or curled celery.

Crabs.

There is quite a variety of crabs. The blue crab is the one we serve as food. They are found on the Atlantic and Gulf coasts. In the South they use a great many crabs. I saw quantities of them in the New Orleans market. The soft-shell crab is considered a great delicacy. The oyster crabs found inside the shells of oysters are usually so few in number that they are only used as a garnish.

Deviled Crabs.

Boil the crabs, take out the meat and chop it fine. Add half as much bread crumbs as you have crab meat. Moisten with cream or cream sauce; season with salt, pepper, cayenne, mustard and lemon juice. Clean shells and fill them with the mixture. Cover top with buttered cracker crumbs, and brown them in a quick oven. "Deviled" means highly seasoned.

Fried Soft-shell Crabs.

Remove the sand-bag, wash and dry them. Sprinkle with pepper and salt, roll them in crumbs, then dip in egg and again the crumbs, and fry in hot fat.

Escalloped Crabs.

Use the meat of boiled crabs chopped fine. To two cups of crab meat add the yolks of three hard-boiled eggs and one cup of cream sauce. Season with salt and lemon juice. Clean shell, refill them, cover top with buttered crumbs, and brown in quick oven.

Shrimp.

The best shrimp we find in our market comes from the South, and measures from an inch and a half to two inches long, and I have seen them in the Southern market three inches long. They are a grayish color until boiled. when they turn a beautiful pink. They are in season from May to October. To prepare for use, take off the shell, and with a sharp-pointed knife remove the intestinal vein. Shrimps are used for salads and sauces.

Shrimp in Tomato Cases.

Take small, peeled tomatoes and take out inside, being careful to remove all the seeds. Sprinkle with salt. Prepare the shrimp by seasoning with salt, pepper, butter and cayenne. Fill the tomato cups, and place in casserole, and put in oven until tomatoes are done. Serve from casserole.

Curried Shrimp.

For one pint of shrimp, use two tablespoons of butter, half teaspoon curry powder, two level tablespoons of flour, one cup of milk or thin cream, one sour apple chopped very fine, one teaspoon minced onion. Put all the onion, curry powder and flour in butter, and cook slowly until apple and onion are tender, then add milk or cream. Cook for a few moments and add the shrimp whole.

Frogs and Terrapin.

The frog and terrapin belong to the reptile family. They are considered table delicacies by the epicure and high liver, but by many are not looked upon with favor. Only the hind legs of the frog are eaten.

The terrapin is a specialty of Philadelphia, Baltimore and Washington. Terrapins are found in both fresh and salt water. The diamond-back salt-water terrapin from Chesapeake Bay is considered the best. Texas and Florida send some very nice terrapins to the Eastern markets. Terrapin is best from January to March. They want to be cooked alive always.

To Dress the Terrapin.

Cut off head, and bleed thoroughly. Soak in cold water one hour. Boil ten or fifteen minutes. Plunge into cold water, and with coarse cloth rub off all the black skin. When cleaned, place again in boiling water and cook until the shell loosens. Will take from one and a half to two hours, according to age of terrapin. When done, plunge again into cold water, and remove the under shell, gall-sack, liver and sand-bag, using great care not to break the gall-sack. Save the juices that run from the meat, by opening over a bowl for that purpose. The eggs and meat are then ready for use.

Terrapin Stew.

This is the favorite way of serving, and the best method is the chafing-dish. Make a sauce with one-fourth cup butter, two tablespoons flour and one and a half cups hot water or stock, as convenient. Pound the eggs to a paste, and add to sauce. Have pint of terrapin meat cut very fine, and add to sauce with

lemon juice if liked. Serve on rounds of toast or toasted crackers.

Oysters on the Shell.

Open the oyster as directed, allowing it to rest on the left or deep shell. Arrange on a bed of finely broken ice. Five or six, according to the size of your plate, is a service for the beginning of the dinner. Pass with them quarter of a lemon, salt, pepper and tabasco, and, if desired, horseradish. Brown bread sandwiches.

Oyster Cock-tail.

8 or 10 oysters.
⅓ teaspoon grated horseradish.
2 drops tabasco.
¼ teaspoon Worcestershire.
1 tablespoon tomato catsup.
1 tablespoon lemon juice.

Have the oyster thoroughly cooled. Mix all the seasonings and drop the oysters in. A cocktail glass is the prettiest to serve in.

Cocktail of Little Neck Clams.

6 clams to a service.
1 tablespoon lemon juice.
Few drops of tabasco.
2 tablespoons mushroom catsup.
Salt to taste.
Pour 1 to 1½ tablespoons on each service.

Oyster Stew.

1 quart cleaned oysters.
1 quart milk, scalded.
⅓ cup butter.
Salt and pepper to taste.

Turn the oysters on strainer, pour half cup cold water on them, examine and remove all bits of shell. Heat the oyster liquor to the boiling-point, and skim or strain through a fine sieve to catch any pieces of shell. Put the oyster in the liquor and return to

the fire, and heat quickly until the edge of the oyster curls. Add oysters and liquor to the scalding milk with the butter, salt and pepper, and serve at once very hot.

Oyster en Cream.

1 pint oysters.
2 tablespoons butter.
½ cup cream.
2 tablespoons flour.
1½ cups milk.
Salt and pepper.

Make a thin cream sauce with the milk, butter and flour, and season to taste with salt and pepper. Clean and plump the oysters in their own liquor. Drain and add to the cream sauce, and add the half cup thick cream, and heat, but do not boil. Serve in patty-shells, timbale cases or in vol-au-vents. You can add a half cup of sliced mushrooms to the creamed oysters if you like.

Roasted Oysters.

Buy oysters in the shell for roasting. Thoroughly clean them by scrubbing with a small, stiff brush. Place them in a dripping-pan, and place them in hot oven until the shell parts. Serve on the deep halves of the shell, season with salt and pepper, and send some melted butter in small dish to table with them.

Fancy Roast.

One pint of large oysters drained from their liquor by turning them onto strainer. Pour over one-half cup water, and see that there are no bits of shells on them. Put into stewpan, and shake over fire that they do not stick to the pan, until the edges curl. Season with salt, pepper and butter, and turn over nicely browned toast, and serve at once.

Broiled Oysters.

1 pint selected oysters. 2 tablespoons melted butter.
¾ cup cracker crumbs, seasoned.

Clean oysters and free from moisture. With fork lift by tough muscle and dip into the melted butter, then into the seasoned cracker crumbs. Place on buttered broiler and broil with hot fire until the edges curl, turning them while they broil. Serve very hot.

Oysters in Brown Sauce.

1 pint oysters.
2 tablespoons butter
2 tablespoons flour.
½ cup milk.
1 cup oyster liquor.
¼ teaspoon salt.
Dash white pepper.
⅛ teaspoon paprika.

Parboil and drain oysters. Strain and reserve the liquor. Brown the flour in the butter until well browned, but do not burn. Add the milk and oyster liquor and seasonings. Serve in patty-shell or fill vol-au-vent.

Scalloped Oysters.

1 pint oysters.
1½ cups cracker crumbs.
¼ cup oyster liquor.
4 tablespoons butter.
¼ cup cream or milk.
Salt and pepper to season.

Melt butter and stir onto the crumbs. Put a very thin layer in bottom of pan that has been well buttered. Put in layer of oyster, sprinkle with salt and pepper, add about one tablespoon oyster liquor and half the cream. Sprinkle with the crumbs, and repeat with the oyster, and have the last layer the buttered crumbs. Bake for twenty-five or thirty minutes in hot oven. Never have more than two layers of oysters in your pan if you wish them to cook uniformly. Scalloped oysters are not looked upon with favor by the scientists and doctors, as they do not consider them easy to digest.

Oyster Sautéd.

Clean one pint of oysters. Drain well, sprinkle with salt and pepper. Dip into cracker crumbs. Put into hot frying-pan two tablespoons butter or same amount of good olive oil. Brown on one side, turn and brown on the other.

Oysters in Bacon Blanket.

Use one pint of large oysters that have been cleaned in the usual way. Wrap a very thin slice of bacon round each oyster, and fasten with small wooden skewer. Place on broiler or in hot pan in the oven, and cook until the bacon is brown and crisp. Turn during the cooking.

Fried Oysters.

Clean and dry large, select oysters. Roll in cracker crumbs, then in egg to which two tablespoons of water have been added. The egg should be slightly beaten. Use care to cover oysters entirely with the egg, then put it back into the cracker crumbs, and when thoroughly covered place on paper or platter until ready to fry. The seasoning can be sprinkled on the oysters or put into the crumbs and thoroughly stirred through. The latter way is preferable. Fry in deep fat, heated to the blue smoke, and drain on brown paper, and serve on folded napkin. Garnish with parsley and lemon cut into slices the long way.

Oysters Fried in Batter.

1 cup flour. 2 eggs, well beaten.
¾ cup milk. 1 teaspoon salt.
A little white pepper.

Clean oysters, dip into the batter, fry in deep fat, drain and serve.

Oysters and Celery.

2 cups celery cut in ½-inch lengths.
3 cups boiling water.
1 pint oysters.
⅓ cup butter.
2 tablespoons flour.
Salt and pepper to taste.

Cook the celery in the water until tender, and drain. Have the oysters cleaned and strain the liquor. Add the oysters and heat quickly to the boiling-point, and skim out the oysters. Make a sauce by heating the butter until it is frothy, then add the flour and salt and pepper. Stir until it is frothy, then add half cup oyster liquor and half cup water from the celery. Stir until it boils up, then add the stewed celery and the oysters. Put the mixture into ramequin dishes and cover with buttered crumbs. Set into hot oven until crumbs are browned, and serve at once.

Philadelphia Relish to Serve with Oysters.

2 cups shredded cabbage.
1 green pepper, chopped very fine.
1 red pepper, chopped very fine.
2 sticks tender celery, chopped very fine.
¼ teaspoon mustard seed.
⅓ cup brown sugar.
¼ cup tarragon vinegar.

Mix all the above ingredients thoroughly together and serve. This is fine with fried oysters.

Cabbage cold slaw served in cabbage-head, with fried oysters at the base.

Cabbage Slaw.

½ cup vinegar.
1 teaspoon mustard.
2 tablespoons sugar.
2 tablespoons butter.
1 tablespoon flour.
1 teaspoon salt.
⅛ teaspoon white pepper.
Cup whipped cream.
Yolks 4 eggs.

Select a large, flat, well-shaped head of cabbage; scoop out the center to form a cup. Shred enough

of the cabbage that has been removed to fill the cup, and dress it with above dressing.

The Dressing.

Heat the vinegar to the scald. Mix the flour, sugar, yolks of four eggs, mustard, salt and pepper together; pour the hot vinegar over it, and return to the saucepan and cook for three or four minutes. Cool and add the whipped cream just as you go to serve. Fill the cabbage cup (or shell); place it in the center of a large platter covered with parsley. Lay the oysters round the cabbage cup, and serve as a course.

Little Neck Clams.

Little neck clams are served on the half-shell for the first course at dinner, same as the oyster.

Roasted Clams.

Roasted clams are served at clam-bakes. Wash them, and place them on stones that have been previously heated for the purpose by burning wood on them. Ashes are removed, and thin layers of seaweed placed on them. Clams are placed on the stones and covered with seaweed, and a piece of heavy canvas thrown over them to retain the steam.

Steamed Clams.

Clams for steaming are always bought alive and in the shells. Scrub them thoroughly with a brush, changing the water several times. They are then placed in a large kettle and one-half cup water for four quarts of clams. Cover closely and steam until the shells begin to open, using care that they are not overdone. Serve with individual dishes of melted butter and a quarter of a lemon.

Fried Clams.

Clean, dry and dip in batter, and fry in deep fat, and drain on manilla paper.

Batter.

1 cup flour.
⅔ cup milk.
½ teaspoon salt.
1 egg, well beaten.
A little cayenne pepper.

Fried Scallops.

Place one quart of cleaned scallops in saucepan. Cook until they begin to shrivel. Drain, season with salt and pepper, roll in crumbs, dip in egg and again in crumbs, fry in deep fat, drain, and serve hot. They will fry in about one and one-half minutes.

Plain Lobster.

Remove the meat from the shell. Arrange on a pretty platter, and garnish with small claws.

Lobster Cocktail.

Remove meat from lobster and cut in pieces, allowing about one-half cup to each service. Season each service with two tablespoons each of tomato catsup and sherry wine, a little lemon juice, three or four drops of tabasco sauce, and salt to taste. Serve in cocktail glasses, after chilling.

Deviled Lobster.

2 pounds lobster.
1 cup white sauce.
½ teaspoon mustard.
½ teaspoon salt.
Dash of cayenne.
1 tablespoon lemon juice.

Make white sauce with one tablespoon butter, one tablespoon flour, one cup milk. Remove from fire and

add mustard, salt, cayenne and lemon juice, all mixed together with the lobster meat, which should be cut into cubes.

Scalloped Lobster.

2 pounds lobster.
1⅓ cups white sauce.
Yolk 1 hard-boiled egg.
Few grains cayenne.
½ teaspoon salt.
½ tablespoon lemon juice.

Make white sauce same as for deviled lobster. Add the lobster meat, cut into cubes, with the seasoning to the sauce. You can refill the lobster shell, or use buttered scallop-shell. Cover top with buttered crumbs, and bake until crumbs are brown. Brush the lobster shell with olive oil to preserve the color.

Curried Lobster.

The curry is prepared same as scalloped lobster, with the addition of one teaspoonful of curry powder mixed well with the flour when you are making the white sauce.

Lobster Farci.

1 cup lobster meat.
Yolks 2 hard-boiled eggs.
1 cup white sauce.
½ cup buttered crumbs.
Salt to taste.
⅛ teaspoon white pepper.
1 tablespoon minced parsley.

Rub yolks of eggs very fine, and add to lobster meat, with the parsley, sauce and seasonings. Mix all thoroughly. Refill shell, cover with buttered crumbs, and bake until brown.

Broiled Live Lobster.

Have your lobster dressed for the broiler in the market, and be sure it is alive, and that the intestinal vein is removed and the stomach, and have the claws cracked. Place on a buttered broiler. Broil seven or

eight minutes on flesh side, turn and broil six minutes on shell side. Serve with melted butter, or, if preferred, a little tomato catsup and Worcestershire, with Graham, rye or brown bread.

Baked Live Lobster.

Prepare same as for broiled lobster. Cook liver with a little butter, and season with salt, Worcestershire sauce and cayenne, and spread over top of lobster, and bake in hot oven for about eighteen minutes. Serve at once.

Lobster Newburg.

2 pounds lobster.
1 cup cream sauce.
2 tablespoons sherry.
2 tablespoons brandy.
Salt and pepper to taste.

Make a white sauce with two tablespoons (level) of butter, two tablespoons flour, one cup thin cream, and add to this the lobster meat cut in cubes. When well heated, add sherry and brandy. This should be served from chafing-dish.

Lobster à l'Américaine.

Split and prepare same as for broiled lobster. Place in frying-pan, and sprinkle with small onion finely chopped, and cook for a few moments. Add to your pan one cup of good tomato sauce, cover, and cook in oven for a few moments until all is well heated; it will take about eight or ten minutes. Just as you take it up add one-quarter cup of sherry wine and tablespoonful of melted butter. Remove lobster to platter and strain sauce over it. Garnish with small claws and serve very hot.

Lobster and Mushrooms.

2 pounds lobster.
½ pound mushrooms.
1 cup white sauce.
¼ cup sherry wine.
Salt to taste.
¼ teaspoon paprika.

Cook the mushrooms broken in pieces in tablespoon of butter for about five minutes, then add the cream sauce, then the lobster meat, cut in small pieces, and when thoroughly hot add the wine. Remove to serving-dish and decorate with parsley, toast or puff paste, if you should have any left over. Each person has his own individual ideas of decoration, but in any case use the small claws with what you like or have at hand.

Lobster Patties.

Lobster patties are very nice made same as creamed lobster, with addition of a half cup of white meat of chicken and a half cup of minced oysters that have been plumped in their own liquor.

Lobster Canapés.

For this use the meat from one medium-sized lobster, cut into fine pieces. Add to this the tomally fat (which is the green fat or liver of the lobster); add to this two tablespoons of olive oil and three-fourths of a tablespoon of lemon juice, to moisten it well. Cut thin slices of bread into any shape desired, and fry them a delicate brown in butter. Spread with canapé mixture, and garnish with parsley and thin slices of lemon. Serve at the beginning of the meal as an appetizer.

CHAPTER X.

BEEF.

BEEF ranks first in meats, and is considered the most nutritious, and is the most largely consumed of the different meats. In meat we find chiefly: Fibrin, albumen, fat, gelatine, mineral matter and water.

The fibrin is the substance that causes the blood to coagulate when shed. Fibrin is insoluble in both hot and cold water.

Albumen is found in the blood and muscle. It is soluble in cold water, and coagulates in hot water or by heat. Coagulation begins at 134° F. H., and becomes a solid at 160° F. H. This shows that we should cook to get the juices out at a low degree of heat, and that when we broil our steak, to have a high temperature, to sear the surface quickly.

Gelatine is a tasteless, transparent substance obtained by boiling, in water, muscles, skin, bone, tendon, cartilege, ligament or membrane of animals. By the boiling we dissolve the tissue and convert it into gelatine. Gelatine is a nitrogenous substance, but a large quantity passes out of the system unchanged.

Fat is found distributed in layers directly under the skin, in the bone and intermingled throughout the flesh. Fat as a food is a great heat-giver and force-producer. The human body is compared to a lamp, and the fat is what supplies the lamp in a great measure and keeps it burning.

Mineral matter is found in the bone, and it consists of calcium phosphate and sodium chloride (the latter

being common salt), and is found in the blood and throughout the tissues.

Water makes up a large per cent. of the weight of the animal.

The beef is divided by splitting the animal through the center of the backbone, and each part is called a side of beef. Four hundred pounds is a good weight for a side of beef.

The tenderest and most expensive cuts come from the part of the animal where the muscles are but little used. There you will find the meat much finer grained, but the tougher pieces will have more juice and much higher flavor in most instances. The expensive tender cuts of the meat can be broiled and roasted, while the tougher cuts must be cooked very slowly, by boiling or in casserole. Cover closely and cook slowly at a low degree of heat.

Divisions of Meat.

Meat is divided into fore and hind quarters. In the hind-quarter you find the flank, round, rump and loin. In the fore-quarter are five prime ribs, five chuck ribs, neck, sticking-piece, rattle rand, brisket and fore-shin. Other parts of the creature used for food are the brains, tongue, heart, liver, kidneys, tail, suet and tripe.

Different Temperatures to Cook the Meat in.

For soup, put into cold water and bring slowly to the boiling-point, and keep at a low degree of heat for about four or five hours. This brings out the juices, softens and dissolves the tissues, and gives the stock the jelly-like consistency when cold. For tough cuts of meat we put them into boiling water and close the pores quickly, then cook slowly until tender.

Best Cuts for Beefsteak.

The porterhouse, sirloin, cross-cut of the rump, and second and third cuts from top of the round. Steaks must be cut thick if you want them to be tender—from one inch to two and a half inches.

To Broil Steak.

Scrape outside fat with knife, and, if you desire to do so, remove some of the fat. Wipe the meat with cheesecloth wrung out of cold water. With some of the fat grease the ribs of the broiler, which must be hot. Place the steak on broiler and place directly under the flame; as soon as one side is seared, turn and sear the other. Make at least four turns during the broiling, to keep the juices in. An inch steak will take six or seven minutes to broil if liked pretty well done, or five minutes if liked rare. Remove to hot platter and season with butter, pepper and salt.

Beefsteak with Maître d'Hôtel Butter.

Broiled steak, spread with maître d'hôtel butter.

Planked Beefsteak.

Broil for seven minutes a porterhouse steak cut one and a half inches thick. Butter a plank, and arrange a border of potatoes close to the edge with pastry-bag and rose tube. Remove the steak to the plank and place in oven until the steak is done and potatoes browned. Spread steak with butter, season with salt and pepper. Garnish with mushroom caps and small tomatoes or red peppers. The tomatoes should be sautéd in butter, also the mushroom caps. The red peppers also make a nice garnish.

Beefsteak with Oyster Blanket.

Use beefsteak one and a half inches thick. Broil fifteen to eighteen minutes, and remove to platter. Spread with butter, and season with salt and pepper. Clean a pint of large oysters and cover steak with them. Dot them with butter, and sprinkle with salt and pepper and slight shaking of paprika. Place on grate of hot oven, and cook until oysters are plump and edges curled. Send to table at once. Garnish with curled celery and parsley.

Mignon Fillets with Sauce.

Cut slices from the end of the fillet about three-quarters of an inch thick. Press and trim into circles; dredge with salt and pepper, and sauté in butter. Serve with Bearnaise sauce, resting each fillet on a circle of toast. Serve with string beans in cream or Brussel sprouts.

Broiled Fillets of Beef.

Cut slices from tenderloin of beef; wipe, shape and place on the well-greased broiler, and broil under the gas flame for five or six minutes, according to the thickness of the fillets. Serve with brown mushroom sauce.

Tenderloin Cutlets with Chestnuts.

Cook small fillets of beef in butter, and serve round a mound of chestnut purée.

Sautéd Fillets with Mushroom Caps.

Prepare the same as the mignon fillets, and sauté the mushroom caps in butter until they are well done, and place one on top of each fillet. Serve with a rich brown sauce, highly seasoned, and have the garnish of red and green sweet-peppers cut into ribbons.

Chateaubriand Steak.

Cut fillets from the center about one and a half inches thick. Flatten and shape with a cleaver, first removing all skin and fat. Broil for about eighteen or twenty minutes. Serve with maître d'hôtel butter, or, if preferred, a brown sauce with a seasoning of lemon juice, parsley and pimentoes. Cut into rings.

Hamburg Steak.

One pound of lean, raw beef from round is best. Cut very fine, highly seasoned with salt, pepper and a little onion juice, and one egg slightly beaten. The best and most wholesome way of cooking this is to make into an oblong shaped loaf, and brown in a heavy frying-pan on all sides, then add to the pan one tablespoonful of butter and half a cup of water with which to baste the meat. Cover closely and cook slowly, basting frequently.

Doctors will not allow Hamburg steak served from diet kitchen, as the meat prepared this way is very solid and compact, and is hard to mix with the juices of the stomach, and gives the digestive organs of the sick and convalescent too much to do.

Roast Beef.

Best cuts of beef for roasting are the first three fancy ribs, tip of sirloin, and back of rump. The latter cut makes a desirable roast for a large family, and is very juicy and always gives plenty of dish gravy. Rib roast contains more fat than either of the others, and sells cheaper for this reason.

To Roast Beef.—Wipe and put on rack in dripping-pan, skin side down. Place in hot oven and sear the

meat quickly, so as to keep the juices in. Place some of the heart suet on top of the meat to render out to do the basting with, and in case you have no suet, spread some lard over the top of the beef; never baste with water, as water-basted meat is not roasted, but steamed meat. Place one tablespoonful of salt in corner of roasting-pan, and dip it up over the roast as you baste. After the meat is well seared and pores closed by the heat of the oven, you lower your heat and baste every ten minutes. When half done, turn that the top may get well browned. I never use flour on meat I am roasting. Rib roast weighing six or seven pounds will require fifteen minutes to the pound. Rump roast weighing ten pounds will require one hour and fifty minutes rare, or two hours well done. A roast of beef, if properly cared for, will leave nothing in the roasting-pan but the fat.

To make the gravy, take roast from pan and pour off all the fat but about four tablespoons. Place pan on hot part of range, and put into fat four level tablespoons of flour and brown it nicely, but use care that you do not burn it. Add slowly one and a half cups of boiling water. Cook five minutes, and season with salt and pepper. Strain, if there are lumps in it, and put in gravy-boat and send to table. The best gravy for roast beef is on the dish after the carving.

To Carve a Roast of Beef.—Have a very sharp knife, and always cut across the grain if you wish the meat to be tender.

Yorkshire Timbales.

2 cups milk.	2 eggs.
2 cups flour.	½ teaspoon salt.

Place flour in mixing-bowl and make a well in the

center; put in the salt and eggs, and add milk slowly; beat the flour all in smooth and add remaining milk and beat thoroughly. Pour into well-greased muffin-pans, cook for thirty-five or forty minutes, and baste with some of the fat from roast after they are well risen. Serve with the roast. The old Romans served this with their roast of beef under the name of "Ansonia cakes," which I found in Kurwen's "Host and Guest."

Larded Fillet of Beef.

The long fillet of beef is found under the loin of the beef, and the short fillet under the rump. When the long fillet is removed there are no porterhouse steaks, and for this reason it is more expensive than the short. To prepare, you remove all fat, veins and tendons. Skewer into shape, and lard upper side with the grain of the meat. Place on rack in pan, and sprinkle with salt and pepper, and dredge lightly with flour. Place a few pieces of salt pork from the larding in bottom of pan. Bake thirty minutes in hot oven, basting several times. Remove to hot platter, take out skewers, and garnish with parsley and small red radishes or watercress, with yolks of eggs sprinkled over them by pressing the egg through a potato ricer.

Fillet of Beef with Vegetables.

Sear your fillet on the top of range with two-thirds cup of butter in a frying-pan. When the butter is quite hot, put in the fillet and turn frequently until every side is nicely browned, then turn occasionally until done, which will require about thirty minutes. Remove to a hot serving-dish and garnish with a cupful each of cooked peas, carrots and sweet-peppers (red

and green); cut into fancy shapes, well seasoned, and serve with—

Brown Mushroom Sauce.—Use one-third cup of the fat from the pan in which the meat was cooked, and brown four level tablespoons of flour in it. Add one cup brown soup stock, one-third cup of liquor from the mushrooms, one cup of the caps cut into slices, and sautéd in butter about five minutes. Turn mushrooms in sauce and serve in gravy-boat with the fillet.

Pot Roast of Beef.

Five or six pounds from the round of beef. Place some pieces of suet in bottom of deep pot, and try out the fat. Wipe off the beef and brown the roast on all sides. When nicely browned add three cups of hot water and place on stove where it will cook slowly. Sprinkle with salt and pepper, cover closely, and cook for two and a half or three hours. Good warm or cold.

Pressed Flank of Beef.

Get any amount you may desire; wipe and cut off any superfluous fat. Place in kettle and cover with boiling water. Add salt, pepper, small piece of bay leaf not larger than the thumb nail, and any bones you may have on hand from steak or roast of beef. Cook until the meat is in shreds. See to it you have but little liquor in the kettle when meat is done. Arrange meat in shallow dish and pour the liquor over it. Cover and press with weight on top of plate. Serve cold, cut very thin. This is very nice served for luncheon with a salad of left-over vegetables dressed with French dressing and Graham bread sandwiches.

Corned Beef.

The best cut of corned beef is the fancy brisket. It costs more than the rattle rand, and is known by the selvage on the lower side and the absence of bone. The upper end of the brisket has the most lean meat.

To Boil Corned Beef.

Wash and tie into shape. Put in kettle and cover with cold water. Bring slowly to boiling-point. Skim and cook very slowly until tender. If the boiling is done too rapidly, the meat will cut stringy. Let it partly cool in the water in which it was cooked.

Braised Beef Tongue.

Put a fresh tongue into boiling water, and cook very slowly for two hours. Take from the water and remove skin and roots. Shape and place in casserole, and surround with celery, onions, carrots and turnips—about half a cup of each. Pour over all about three or four cups of brown sauce.

Sauce for Tongue.—Brown two tablespoons of flour in two tablespoons of butter until well browned. Add gradually three cups of water in which the tongue was cooked. Season to taste with salt and pepper, and pour one cup strained tomato over all. Cover closely, and place casserole in oven or on top of range where it will cook very slowly for two hours. Serve from casserole, serving each person with some of each vegetable with the sauce.

Stuffed Beef Heart.

Use heart from young bullock so it will be tender, and clean well. Stuff with bread crumbs, seasoned with celery, parsley, onion, salt, pepper and one green pep-

per cut into ribbons. Cook the onion, celery and pepper in two tablespoons of butter until tender; add them to the bread crumbs and moisten all with milk, or an egg if preferred. Open the heart on one side and add the dressing; tie or sew to shape. Place a plate in saucepan, rest the heart on it, cover with boiling water, and cook until the heart is tender. When done, place in dripping-pan, and pour over it the juice in which it was cooked, and place in the oven to brown. Make sauce in pan and serve.

Boiled Tongue.

You cook a corned or smoked tongue same as corn beef. The smoked tongue wants to be well washed, and soaked overnight in cold water. Let tongues cool slightly so you can handle them, when you remove the skin and roots. Skewer into shape, if you wish to put them in aspic, a very pretty way to serve them.

Dried Beef Relish.

Use dried beef cut very thin and pulled into shreds. Put into a saucepan in a little hot water and simmer on stove a few moments. Pour water off, and dry beef over fire. Add butter and sprinkle lightly with flour. Stir as it browns, and when all is well browned pour on three-quarters cup of milk, and let it cook up and remove to serving-dish. Scrambled eggs are nice served with this, piling the meat in the center and using the eggs for a border with parsley for a garnish.

Liver and Bacon.

Have butcher cut liver about one-third of an inch thick. Remove the thin outside skin and veins. Sprinkle with salt and pepper, and dredge with flour.

Fry the bacon in frying-pan, and lift on point of fork to let fat drip off. Drain on hot platter lined with brown paper, and keep hot while you fry the liver in the hot bacon fat. Fry brown on both sides, but use care that the liver is not overdone or hard. Serve on hot platter, with the bacon laid round, serving each help with some of the bacon.

Broiled Liver.

Prepare same as for fried liver, and have your broiler well greased and turn often. Cook about five or six minutes. Remove to hot platter, spread with butter, and season with salt and pepper.

Braised Liver.

Trim liver in shape, and skewer. Place in deep pan and place some pieces of salt pork on top, or make lardoons from the pork and lard top. Put pork trimming in pan round the liver, also a minced onion and little celery cut very fine, a few peppercorns and two cups of brown stock or water. Cover closely and bake slowly for one and three-quarter hours; uncover and brown one-half hour longer. Remove liver, strain the liquor and make a brown gravy with it by using two tablespoons of butter and two of flour. Melt butter, add the flour and pour on the liquor. Serve round the liver.

Fried Tripe in Batter.

Make a batter with three-fourths cup flour, one-fourth teaspoon salt, one-half cup milk, one egg well beaten, one teaspoon vinegar, one teaspoon melted butter.

Wipe tripe, sprinkle with salt and pepper, dip in batter and fry in hot fat; drain and serve. The tripe

must be boiled until very tender before using in any way.

Broiled Tripe.

Honeycomb tripe is best for broiling. Wipe tripe dry, and dip in fine-sifted cracker crumbs. Dip in melted butter, and again in the crumbs. Place on well-greased broiler, and broil for four or five minutes. Expose the smooth side to the fire first for two or three minutes, then turn honeycomb side. Remove to hot platter; butter, salt and pepper, and serve quickly.

Tripe in Cream Sauce.

Make cream sauce with two tablespoons butter, two tablespoons flour, one cup milk and one good-sized onion minced fine. Cook onion in butter. Add flour as soon as it becomes frothy, pour on the milk, then add the tripe that is tender, and cut into small pieces about one and a half inches long by one inch wide. Cook for five minutes until all is very hot, turn into dish for serving, and sprinkle with minced parsley.

Creole Tripe.

Creole tripe is made same as the creamed tripe, using strained tomatoes instead of the milk for the sauce, and one finely cut sweet-pepper cooked in the butter with the onion. Also one-third cup of mushrooms makes a nice addition to the different flavors.

Ways of Warming Over Beef.

Trim what is left from roast of beef and put some pieces of pork over top. Reheat quickly in oven, and reheat the gravy left from the day before and serve with it. Of course, this is not so good as the first day, and many prefer it served cold.

Roast Beef with Spanish Sauce.

Make sauce with two tablespoons butter, two tablespoons flour, two red sweet-peppers, and one onion, all cut fine. Cook onion and peppers in butter, add flour, then one and a half cups of tomatoes (without being strained), one tablespoon sugar, salt and pepper. Cook all for about five minutes, then add the beef cut very thin. Let it get hot and serve at once.

Corn-beef Hash.

Use cooked cold beef, and remove skin and gristle, and, if too fat, part of the fat. Chop the meat, and add equal parts of cold boiled chopped potatoes. Season with salt and pepper and one tablespoon of Worcestershire sauce. Moisten with milk or cream, turn into a hot buttered frying-pan and place on the stove where it will brown slowly. Fold same as omelet, and turn onto hot platter. (This is fine.)

CHAPTER XI.

VEAL.

GOOD veal is known by the flesh being a pinkish color and the fat white. Veal is much less nutritious than beef or mutton, and when taken from too young an animal is apt to be very unwholesome, and will in many cases provoke stomach disturbances. Veal and lamb are not improved by long hanging, and want to be served soon after killing and dressing.

Veal is divided into fore and hind quarters. The fore-quarter is subdivided into neck, breast and shoulder; the hind-quarter into loin, leg and knuckle. Cutlets, fillets and cushion are cut from the thick part of leg. Veal is found in best condition during the spring, but is in the market all the year. Veal must be thoroughly cooked and well seasoned, as the meat is deficient in flavor, but is much richer in gelatine. Its heat-producing qualities are small, and for this reason it wants to be served with rice, potatoes, jelly, etc., these supplying the elements lacking in the veal. Veal is sometimes kept until five or six weeks old, and fed on milk and all the different vegetables until the fall, when it is killed and served same as beef, and is very nice.

Roast Cushion of Veal.

Use a piece from the thick part of the leg. Remove the bone, wipe the meat and fill with stuffing made same as for chicken or turkey. Sew or skewer into shape, place in dripping-pan on meat-rack, and place

over the top some bits of salt pork, and use butter and water for the basting. Cook for three and a half hours, basting every fifteen minutes. Serve with a brown gravy made in the pan after the veal is removed. The gas wants to be kept low so the pan does not burn, and at the same time cooks the veal slowly so it will be more digestible.

Veal Cutlets.

Use the veal from the leg, and have the cuts about half an inch thick. Wipe and shape into nice pieces for serving; sprinkle with salt and pepper and roll in flour, egg and crumbs. Fry slowly until well browned, then remove the cutlets to saucepan on back of stove, and make a brown sauce in pan in which the cutlets were cooked by using two spoonfuls of flour and two cups boiling water. Salt and pepper to taste, strain over the cutlets in saucepan and cook slowly for thirty or forty minutes. The simmering burner on gas stove does the work fine.

Scotch Veal Collops.

Use two cutlets from the best part of the round; pound as thin as possible, and with scissors cut into round shape, having each collop about the size of a small butter pat, putting a small wooden skewer into each one. Roll in flour, and season with salt and pepper, and brown in equal parts of lard and butter. Remove to saucepan in which you have placed the little bones and all small, stringy pieces unfit to form into collops, using care to stand the collop with skewer pointing up. Make sauce same as for the cutlets, and simmer for thirty minutes, or until tender. Serve round a potato wall, with skewers all pointing up. Fill the center of

the potatoes with asparagus tips, first lining the center of the wall with curled French lettuce. If you prefer it, you can use peas instead of the asparagus. This is a beautiful dish, and makes a company luncheon with the addition of a nice salad of any kind you like.

Breaded Veal Chops.

You can use loin or rib chop as you choose. Wipe, season with salt and pepper, dip in flour, then in egg and into fine bread crumbs, and fry in hot fat until well browned on both sides. Place the chops on hot platter with Spanish rissotto in center of dish. A very pretty garnish is to lay each chop in leaf of curled lettuce in a circle on a chop-dish. Every house should be the possessor of a chop-dish, as they add much to the service. With the rissotto the chops will need no sauce.

Loin of Veal à la Jardinière.

Use four or five pounds of loin of veal. Wipe well and season with salt and pepper. Brown veal in one-third cup of butter in stewpan, turning to get all sides well browned, being careful not to let it burn, which it will do very readily if care is not used. Add one and a half cups of hot water. Cook slowly until the meat is tender, adding water as it cooks away, but do not put in too much at once; it will take about three or three and a half cups in all. The state of the atmosphere makes a great difference in the time the water will last in your stewpan. Remove meat, thicken the stock in the pan with flour, and add what water you need for the sauce. Season well, and surround the meat on platter with turnips, carrots and peas, having the carrots and turnips cut into small dice, and cooked

and seasoned with salt, pepper and butter, and about two tablespoons of rich cream; the peas with only salt and pepper. You can pile the vegetables in bunches and place parsley or cress between each bunch, or arrange in borders, as the fancy of the person may suggest.

Meat Pie with Veal.

Take two or three pounds of veal, lean meat preferable. Cut into small pieces and put on in boiling water. When the boiling-point is reached, skim carefully, and cook slowly until the meat is tender. It will take about one hour, and bear in mind that fast cooking will tend to harden the meat. At the end of the hour season with salt and pepper, a teaspoon of grated onion, and one tablespoon of rice (that has been cooked). You will need about three cups of stock; if you have more in your saucepan, boil until you reduce it. Make a crust same as for baking-powder biscuit, except you add one tablespoon more shortening. Roll one-fourth inch thick, and line sides and ends of baking-pan. Turn into pan meat and gravy, and add one pint of cleaned oysters or one cup mushrooms. Put on top crust to fit pan, with an opening cut in the middle to let the steam pass off. Cook in hot oven until crust is nicely browned, and serve from pan in which it was cooked, putting a square of the browned crust on each service. This can be made without the oysters, but they are a great addition.

Scalloped Veal.

Use the veal left from the cushion of veal. Cut very thin into small pieces about one inch square, put a layer into a buttered baking-dish with a very thin

layer of coarse crumbs, then another ayer of meat, and so on until the dish is full. Over the top put a thin crust made of the crumbs wet with milk and one egg. Before putting on the crust you moisten the meat with a well-seasoned broth, and if you have none, you can make some from the bones and bits of meat from which you have been cutting, and use any gravy left from the roast. A little strained tomato makes a nice addition to the broth. You will want to bake this for about one hour in slow oven.

Veal Stew with Dropped Dumplings.

Wipe two pounds of lean veal carefully and put into saucepan, and cook slowly, well covered, until meat is very tender, using about one quart of boiling water. You will want to cook it about one and a half hours. An onion peeled and put in whole is a nice addition. When the veal is tender thicken your stock about as thick as cream. Remove the veal and onion, and make drop dumplings with one cup of flour, one teaspoon of butter, one and a half teaspoons baking-powder, one egg, one-half teaspoon salt, one-fourth teaspoon white pepper, and milk enough to make a stiff dough that will drop from the point of the spoon. Dip the spoon in the boiling gravy, and while hot take up a tablespoonful of the dough and drop into the boiling liquor. When all has been added, cover closely and cook for ten minutes. Place meat on serving-dish, and put the dumplings round with the sauce from the saucepan. A border of cooked and well-seasoned carrots, that have been cut into shreds or diced as you prefer, is a nice garnish round the platter. If you serve the carrots, and have any of the nice green carrot tops, use

it as a green for the dish instead of parsley. The carrot top is a very pretty garnish.

Veal Birds.

Use slices of veal from the leg cut very thin. Remove fat, bone and any skinny pieces. Pound well, and cut into pieces about three inches long and two inches wide, using each strip to make a bird. Chop the trimming from the veal very fine, with a piece of salt pork about one inch square. Add to the chopped meat and pork about one-half a measure of fine crumbs—either bread or cracker crumbs. Season with salt, pepper, a little paprika, thyme, onion juice, and very little lemon juice. Moisten with egg, spread each piece of meat with the mixture, roll and fasten with skewers into shape. Place into buttered bake-pan, sprinkle with salt, pepper and dredge with flour, and place in hot oven. As soon as they are hot add water and butter to keep from burning and cook slowly, basting every few moments until they are tender. Add one cup of cream to pan the last twenty minutes of the cooking, and baste thoroughly before taking from the oven.

Veal Loaf.

Three pounds lean veal, freed from skin and membrane; chop fine or put through a meat-chopper. Add half pound salt pork chopped fine, six crackers (rolled), half cup thin cream, one and a half tablespoons lemon juice, one tablespoon salt, a little grated onion or onion juice. Mix well and place in brick-shaped bread-pan. Brush top with white of egg, and baste with pork fat. It will take about two and a half hours to bake. Unless

the pan is quite large, the cooking wants to be done in slow oven, or the meat will become hard.

Minced Veal on Toast.

Remove the skin and gristle from remnants of cold roast veal, and chop the meat. Put into a well-buttered pan, and season with salt and pepper; add a little cream and flour. Stir and pour over small pieces of buttered toast.

Creamed Veal.

One pint of cold veal cut into small cubes, one cup of white sauce made with one tablespoon flour, one tablespoon butter and one cup hot milk. Season with pepper and salt and a little onion juice. After sauce boils, put in the pieces of veal. Turn onto hot platter and edge with points of puff paste made from the pieces of paste left over from your pie or patty shells.

Boiled Dinner.

Three pounds lean veal wiped and put into kettle with plenty of boiling water to cook meat and vegetables. When the meat is half done, add potatoes, carrots, turnips, onions and half head of cabbage, cut into three pieces lengthways so it will keep its shape. The onions, carrots and turnips will take longer to cook, and must be added before the cabbage and potatoes. Serve the meat on hot platter and surround with the vegetables. This is a recipe from a New England woman who was a beautiful cook.

CHAPTER XII.

LAMB AND MUTTON.

THE flesh of the mutton is very nutritious and easy of digestion. It is ranked with beef as a nutrient, but the fat of the mutton is rather difficult to digest, for the reason that it contains a large per cent. of stearic acid. The lamb, like the veal, wants to be cooked soon after the animal has been killed and dressed, but the mutton wants to be hung and ripened. The sheep wants to be three years old to furnish the best, and should be ripened for two or three weeks where the temperature is uniform. If hung out and frozen, it must be cooked as soon as it begins to thaw, but we get them now from the cold storage where they do not reach the freezing-point. The Southdown mutton, held in such high esteem in England, is often cut from the sheep older than three years. We are now producing mutton on our Southern mountains that is said to be just as good as the English Southdown. Young lamb, six weeks or three months old, is known in the market as spring lamb; it is found in market from January, but is scarce, high-priced, and has very little flavor. The one-year-old lamb is called a yearling. The strong flavor of the mutton, that is so disagreeable to many, comes from the penetration through the skin of the oil from the wool. This is obviated by removing the pink skin and trimming off the superfluous fat from the outside. Mutton must be fat to be good, the flesh a pink, and the fat very white and firm. In serving mutton be sure your plates are very warm, so the fat will not

harden to disfigure the dish and spoil the appetite.

Lamb is divided into two parts by cutting through the entire length of the backbone, then subdivided into fore and hind quarters. Eight ribs are left on the hind-quarter; these are cut into chops and are known as rib chops. The meat between these ribs and the leg is called loin or kidney chops. On one side of the bone of the loin chop we find a small piece of tenderloin, which corresponds to the porterhouse steak in the beef. Rib chops which have the bone cut short and scraped are called French chops. The leg is sold whole for boiling or roasting. The fore-quarter can be boned, stuffed and rolled, and roasted or boiled. For a loin of mutton the saddle is removed before the creature is cut down the back. Lamb chops can easily be told from the mutton by the red color of the bone. In the mutton the bone is white and much harder than the lamb. Mutton usually is preferred to be a little underdone, but lamb wants to be well cooked.

Boiled Leg of Mutton.

Remove skin and superfluous fat; trim and put on in kettle of boiling water. Bring quickly to the boiling-point; boil four or five minutes, and skim. Then finish the cooking at a place on the range where it will cook slowly. Add one tablespoon of salt, small piece of red pepper, one onion, one turnip and one carrot when about half done. Serve with caper sauce.

Broiled Lamb or Mutton Chops.

Wipe chops, and remove skin and any fat that can be spared. A little should be left on, as many people are fond of it. If a loin chop, roll the flank and fasten with a skewer. Broil same as beefsteak. Remove to

hot pan and butter, and arrange on chop plate or platter, very hot. Decorate with parsley or watercress and small red radishes.

Pan-broiled Chops.

Prepare same as the above, and put in hissing hot frying-pan. As soon as one side is well seared, turn and sear the other. Turn often, using knife and fork that the surface may not be pierced. Cook five minutes if liked rare, and from nine to ten if liked well done. Press the outside fat to the pan so it will brown. When done place on hot pan and sprinkle with salt and pepper, and spread with butter. You can serve tomato sauce with them if you like. The tomato sauce wants to be highly seasoned and thick, and poured on hot platter. Chops arranged round the edge; parsley garnish.

Mutton Chops à la Maintenon.

Have six chops cut one and a half inches thick. With sharp knife split the chop to the bone; this forms a pocket, which you fill with a mushroom preparation which you have prepared previously and have ready at hand. Put a teaspoon or more into each pocket. Press the meat together and fasten securely with small wooden skewers. Sprinkle with salt and pepper, dip into beaten eggs, then in bread crumbs. Sauté in butter or first-class olive oil for five minutes, turning as they brown.

Mushroom Preparation.

Put into saucepan three level tablespoons butter, half cup chopped mushrooms, one tablespoon grated onion. Stir and cook all together for five minutes,

until onion and mushrooms are cooked. Add three tablespoons of flour (level), a pinch of salt, a little cayenne pepper. Stir until the flour is well blended, then pour on half a cup of stock or cream; the cream is best if you have it. Serve with Spanish rissotto on chop-plate.

Boned and Roasted Leg of Mutton.

Your butcher will bone the leg for you if you order it so, or you can easily remove the bone with small boning-knife. Wipe, remove skin and fat, stuff and sew into shape. Place in deep pan and brown on all sides in three tablespoons of butter in which you have a little onion, slice of carrot and turnip. Add four cups boiling water, cover closely and cook for two and a half hours, uncover and brown. Remove from pan to hot platter, and make a brown sauce in the pan in which the mutton was cooked by first pouring off all the fat in the pan and add two tablespoons of butter and two tablespoons of flour (rounding, or four of each level). Brown the butter, add the flour and stir until well browned, then add the liquor you poured out of the pan, first straining it, and removing the mutton fat, and cook and serve in a gravy-boat. If desired, you can turn half a glass of currant jelly into this sauce, and return leg of mutton to pan and baste well for about ten minutes. This will give it the taste of venison.

Stuffing.

1¼ cups cracker crumbs.
2 tablespoons melted butter.
1 egg.
1 tablespoon onion, minced.
½ teaspoon thyme.
2 tablespoons water.
Salt and pepper.

Roast Lamb.

Remove the caul fat which usually covers the leg of lamb when sent from the market. Wipe the meat well with wet cloth. Sprinkle with salt and pepper, place on rack in dripping-pan, place in hot oven and close the pores of the meat, then add two tablespoons of good, sweet lard to the pan, and baste every ten or fifteen minutes. Cook slowly for about two hours. Serve with mint sauce, or gravy made in the pan, if you like. Make same as for roast beef.

Crown Roast of Lamb.

Select the ribs from two loins. Scrape the meat from the bones as far as the lean meat, and trim off the backbone. Shape each piece in semi-circle, to form the crown. Have the ends of the bones cut evenly and not too long. Cut an opening in some small pieces of fat salt pork to prevent bone from burning. Roast in moderate oven for one and a half hours, using care that the gas is kept low during the time. Place on hot platter, and fill center with potato chips or purée of chestnuts, peas, or any vegetable you desire to serve with it.

Curried Mutton.

This can be made from cooked or uncooked meat. If uncooked, use the fore-shoulder cut into pieces about an inch each way, using care to remove all fat, skin and muscle. Cook in boiling water for a few moments until the scum comes to the top, which you remove; cover closely and cook until the meat is quite tender. Season the meat with a little thyme, parsley, salt and a few pepper-corns during the cooking. When meat

is done strain the liquor, remove the meat and make curry sauce from the liquor that you have strained.

Curry Sauce.

Two rounding tablespoons of butter, two rounding tablespoons of flour, one onion minced and cooked for a few moments in the butter, half teaspoon curry powder mixed with the flour. Add flour and curry to the butter and onion. Stir and mix well, and add two cups of the strained liquor from the meat. When well blended add the meat to the sauce, reheat, and serve with border of cooked rice.

Scotch Broth.

Use three or four pounds of mutton from the fore-quarter. Cut meat into cubes with scissors, put in kettle and cover with three pints of cold water, bringing to the boiling-point quickly. Skim and add three-fourths of a cup of barley that has been soaked over-night. Simmer until the meat is tender. It will take from one to one and a half hours, cooking slowly. It is well to cover the bones with cold water in another saucepan and cook while the meat and barley cook. Strain the water from bones onto meat when tender. Put two tablespoons of butter into frying-pan and cook one cup each of onion, celery, carrot and turnip for a few moments, and add these to the meat and barley, and cook until the vegetables are tender. Thicken with butter and flour rubbed together.

Mutton Broth.

3 pounds neck of mutton.
2 quarts water.
1 teaspoon salt.
2 tablespoons rice or 2 tablespoons barley.
1 onion, 1 turnip.

Remove the skin and fat, and cut into small pieces. Put into kettle with the bones, and cover with cold water. Heat slowly to the boiling-point. Skim and season. Add the onion and turnip. When the meat is tender, strain and remove the fat. Reheat and add the rice or barley, whichever you desire, and cook until rice or barley is tender. If barley is used, it must be soaked overnight.

Scalloped Lamb.

Use cold roast lamb. First remove all the outside and cut in thin slices. Cover the bottom of well-buttered baking-dish with buttered cracker crumbs, then a layer of the meat with some boiled macaroni or spaghetti, if you have some; then another layer of the meat and macaroni, and pour over all a highly seasoned tomato sauce, with one sweet-pepper minced fine and added to it. Cover the top with buttered crumbs, and bake for twenty minutes in moderate oven.

Lamb Kidneys.

Soak, pare, trim and slice six kidneys. Sprinkle with salt and pepper. Cook in hot frying-pan in two tablespoons of butter until brown; dredge well with flour, and add three-fourths of a cup of hot water, or stock if you have it. Cook for five minutes, and season with onion juice, lemon juice, and a little sherry or Madeira wine. Kidneys want to be cooked quickly or they become tough. By some they are considered a table delicacy. I myself do not enthuse on them.

Minced Lamb on Toast.

Remove dry and gristly parts from roast lamb. Cut fine, and heat in a little butter in frying-pan. Season with salt, pepper and a little cayenne. Sprinkle with flour, and add enough stock or cream to make a nice gravy, and serve on toast.

CHAPTER XIII.

SWEETBREADS.

THE veal sweetbread is the only one we consider in cookery, although found also in the lamb. It is found in the calf during the time they feed on milk, and disappears with liquid food. Sweetbreads are a great table delicacy, and very good for the sick and convalescent. Sweetbreads are found in the animal in pairs, and connected by tubing. They are known as the heart and throat sweetbread. The heart sweetbread is firm and compact, and its position is near the heart. The other part is known as the throat sweetbread. The heart sweetbread is the most desirable, but when you order a pair you have one of each. As soon as they come from the market they want to be placed in cold water for an hour, to draw out the blood and make them white. Change the water once during the hour, and drain them and put them into boiling water with two teaspoons of salt, and a little lemon juice or vinegar, and boil them very slowly for twenty minutes. Drain and place them in cold water, to keep them white and firm. It is very nice to roll them in a clean piece of cheesecloth, if they are to be kept any time. Roll the cheesecloth very tight, and this makes them firm if you wish to shape them in cutlets.

Creamed Sweetbreads.

Use parboiled sweetbreads cut into cubes, allowing one cup of thin white sauce for a pair. These can be served on pieces of toast, or in timbale or patty cases.

Broiled Sweetbread.

Split parboiled sweetbreads, and sprinkle with salt and a little white pepper. Broil for a few moments, butter, and serve with slices of lemon.

Fried Sweetbreads.

Split the sweetbread into two pieces, roll in crumbs, then egg, then in the crumbs again. Allow them to stand for a short time. Fry them in deep fat, place them on hot platter, and serve with a Béchamel or tomato sauce.

Chicken and Sweetbreads in Cream.

Use equal parts of chicken and sweetbreads cut in small cubes, and reheated in a cream sauce. One-half cup of sliced mushrooms, or truffles, are always an addition to sweetbreads.

Sautéd Sweetbreads.

Cut parboiled sweetbreads in slices, sauté them in butter, and serve with French peas. Have the peas as dry as possible, and seasoned with butter, salt and pepper.

Sweetbread Cutlets with Asparagus Tips.

Use parboiled sweetbreads cut into slices, and shaped into cutlet. Season with salt and pepper. Dip into egg, then into crumbs; fry in deep fat. Arrange on hot platter around asparagus tips that are well seasoned with drawn butter, salt and pepper.

Braised Sweetbreads én Casserole.

Place in a casserole a bed of cubed vegetables, using carrot, turnips and celery with a few cubes of salt pork.

Lay parboiled sweetbreads on it. Add water or stock enough to almost cover the vegetables. Cover casserole tight and cook slowly for thirty-five or forty minutes; uncover the last fifteen minutes to brown sweetbreads. Serve from the casserole.

Larded Sweetbreads.

Parboil sweetbreads, lard on upper side, and bake or braise until well browned, basting with meat glase. Serve with mushroom sauce.

Calf's Brains.

Soak brains as soon as they come from the market in cold water for one hour, putting a teaspoon of salt in the water to whiten the brains. Then simmer in water, which has salt and one tablespoon of lemon juice, for twenty minutes. A little thyme, small piece of bay leaf and small onion are an improvement to the flavor of the brains while they are simmering. Place them in cold water as soon as they are taken from the boiling water. Remove all skin and fibers, and they are ready to cook in any way in which brains are served.

Marinade of Brains.

Cut the prepared brains in pieces half the size of an egg. Let them stand half an hour in a marinade of one tablespoon of lemon juice, two tablespoons of oil, a little onion juice, salt and pepper. Wipe, dip them in egg and crumbs, and fry in hot fat. Serve with highly seasoned tomato sauce.

CHAPTER XIV.

PORK.

PORK is the flesh of the pig or hog, and, according to the eleventh chapter of Leviticus, we should not use for the reason that it does not chew the cud. But the fact that he ran into the river and the devil left the swine, has made him very useful for food for our table, as some parts of the pig are very delicious; but it is not meat for us to feed our family on as the beef or mutton is.

The hog is split down the entire length of the back, and the chine and sparerib correspond to the loin of the veal and lamb. The hind legs give us our hams; the fore leg furnishes the shoulder. Then we have the feet, heads, hocks, liver, hearts and flank, also the leaf-lard, which is the best lard we have for all purposes for which lard is used. The leaf-lard has a peculiar smell which the other fat of the pork does not have after the rendering. The feet are thoroughly cleaned and first boiled until the bones will shake, then are pickled, fried and used in different ways. Hams and shoulders are cured and smoked. The flank is salted and smoked and used as bacon; the ribs sold as spare-rib; the chine or loin sold for roasts, or cut into chops as the purchaser may desire. From the trimming of the lean and fat meat mixed we make the sausage, which is ground and highly seasoned. There should be fat enough used in sausages to fry themselves. The heads are cooked very tender and made into sauce.

Pork, from the fact that it is difficult of digestion, should not be served very often, and is always looked upon as a meat to be served during the cold weather. In buying pork see that the fat is firm and white, and always cook very well done.

Roast Pork.

Wipe roast, sprinkle with salt and pepper, and place on rack in the roasting-pan. Roast in moderate oven for three or four hours, according to the size of the roast. Baste often during the roasting. Pour off some of the fat and make a brown gravy in the pan same as for other roasts.

Roast Spareribs with Apples.

Use the entire rib. Season with salt and pepper, and have one quart of tart apples pared, cored, and cut into quarters. Sprinkle with one-half cup of sugar, stirring the sugar thoroughly through them, and pile them in the center of the ribs, then roll the ribs and tie them so as to hold the apples. Place in dripping-pan, and cook for thirty-five or forty minutes. This is very delicious, as the apple imparts a fine flavor to the pork and the pork to the apple.

Pork Chops with Apple Sauce.

Cook tart apples to make a mound in center of dish. Sweeten to taste and have them rather dry. Keep hot on back of stove. Wipe the chops and season with salt, pepper and a little thyme, if liked. Place in hot frying-pan and cook slowly until they are tender and well browned on both sides. Serve with leaf of lettuce under each chop round edge of hot platter, with apple sauce piled in center. This presents a very sightly dish.

Pork Tenderloins.

Remove any gristle from the tenderloin, wipe, put into hot oven, and brown quickly, then season with salt and pepper and bake three-quarters of an hour. The last twenty minutes add one cup of thin cream, and baste often with it. Serve with sweet potatoes, browned in the oven, sprinkling them with sugar.

Breakfast Bacon.

Have the bacon cut very thin and very cold. Fry in hot frying-pan. Lift each piece and let all the fat drip off, and rest it on a hot plate with brown paper to absorb the fat, or you can broil on the broiler, then all the fat is in the pan under the broiler. This fat is good for frying fish, etc., if you use care not to burn it.

Broiled Ham.

Soak thin slices of ham in milk for one hour, wipe, and broil for a few moments, until well browned. Potatoes that have been boiled in their jackets, and sliced rather thick, and sprinkled with salt and pepper, and broiled by dipping the ham fat on them as they broil, may be served as a garnish with the ham.

Ham and Eggs.

Trim ham and place in frying-pan; brown quickly on both sides, but do not let the fat burn. Ham must not be cooked enough to make it hard. Pour off the ham fat and rinse salt from frying-pan. Return fat and cook the eggs in it. Place the ham in the center of a hot platter, and put the eggs around, and garnish with parsley and small red radishes.

Boiled Ham.

Soak ham overnight in cold water to cover. Wash well and trim. Put into ham boiler or kettle large enough to hold it, and cover with cold water. Heat to the boiling-point and cook slowly until tender. A cup of vinegar added to the water the last half hour of the cooking is a great addition to the flavor, and it also tenders the meat and makes it cut nicely. Let ham partially cool in the water in which it was boiled, then lift to a dripping-pan and remove outside skin and trim into shape; then sprinkle with cracker crumbs and sugar, and stick with cloves. Bake in slow oven about forty-five minutes, until well browned. Serve hot with a champagne sauce.

Fried Pig's Feet.

Split the feet, and sprinkle with salt and pepper. Crumb and egg, and fry in deep fat; drain and serve with lemon cut into quarters.

Sausages.

Cut apart, and pierce each link several times with a skewer or fork. Put into frying-pan and cover with boiling water, and cook for fifteen minutes. Drain and fry until well browned. Serve with fried apples.

Fried Apples.

Cut apples half an inch thick across the apple. Remove the core, leaving on the skin. Sauté in butter or dripping from the sausage until tender. Sprinkle slightly with powdered sugar, and place on same platter with the sausage.

CHAPTER XV.

POULTRY AND GAME.

POULTRY includes turkey, chicken, fowl, duck and goose. In game we have birds and animals found in the field and forest. They include the quail, wild duck, partridge, deer, etc.

In selecting poultry choose those that are plump, but not fat. If young, the flesh will be firm to the touch; end of the breastbone soft and pliable, like a gristle more than a bone. Short, yellow-legged chicken and fowl are given the preference, even by Shakespeare, who was a fine judge of all good things to eat. Dark-fleshed game can be served rare, while the white flesh wants always to be well done. Chicken, fowl and turkey are very nutritious, and the white meat of the chicken is digested with little effort on the part of the stomach. Since the incubator has been in use we have the broiler all the year round in the market. These are called spring chickens. Fowl is found in the market the year round. Turkeys are in market all the year, but are in best condition during the winter months. Geese and tame ducks are hard to digest on account of the large per cent. of fat they contain. Squabs are young pigeons, and are a very delicious tidbit for the sick. The pigeon wants slow, long cooking to make it tender. Game, with the exception of the wild duck, is tender and easy to digest, from the fact that it contains much less fat than poultry.

A young goose about twelve weeks old is called

green goose. Kerwen, in his "Host and Guest," speaks often of *green goose.* Young ducks are called *ducklings.* The canvasback heads the list of the game ducks from the fact that he is the greatest diver among the ducks. and for this reason goes way down in the lakes and gets the wild celery root and fattens on it. This is what gives his flesh the peculiar flavor the game-lover delights in. The redhead is next. He follows the canvasback, and picks up all the pieces of celery he drops, and this rates him second. The redhead is found in the market a little earlier than the canvasback. The mallard from Lake Erie is very fine. All game ducks are cooked quickly in a very hot oven. Some writer has said, "Let the duck pass through the kitchen." Quail and partridge are served from the middle of October to January 1st. The fresh grouse appears in the market during the fall; plover from April to December.

To Dress and Clean Poultry.

Remove all feathers, then light the gas-burner and remove the hairs and down. Have the butcher to remove the tendons in the leg before removing the feet, as this makes the leg much more eatable and tender. Make an incision below the breastbone that will admit the hand. With the hands remove the entrails, gizzard, heart and liver, using care not to break the gall-bag that lies close to the liver under the right lobe. A very little bile from the gall-bag will make the chicken very bitter. Lying close to the ribs is a soft, spongy matter pink in color. This is the lungs, and every particle of it wants to be removed, also the kidneys, lying near the end of the backbone. Put the fingers in close to the neck, and withdraw the windpipe and crop. Cut the neck off close to the body. If the chicken is to be

roasted, leave the skin long enough to double over the neck and make fast to the back. Remove the oil-bag, and wash the fowl by allowing the water to run through it. Wipe thoroughly inside and out, and see that everything has been removed.

Fowl to be Cut Up.

Take care to pick out all feathers with point of small knife. Singe over gas flames, take off oil-bag, draw everything from inside and remove crop, windpipe, etc. Wash under faucet by letting the water run on it. Wipe dry, and cut up by first taking off wings, legs and second joint together, and separating if desired. Next cut off the white meat, split through the center and make two pieces, or, if a fricassee is to be made, leave it in one piece. Wipe all the pieces with wet cheesecloth, but the back and giblets want a thorough washing.

To Stuff Poultry.

After the fowl has been thoroughly prepared, you put in the stuffing by the spoonful, first at the opening at the neck, using care to fill it only full enough to look plump after the stuffing is heated. Put the remainder of the stuffing in the body, and, if not too full, you can fasten with a skewer; in case it is full, you had best sew with coarse thread.

To Truss Fowl.

Press the thigh close to the body and hold in position by inserting a steel skewer under the middle joint, running it entirely through the body, coming out under the middle joint on opposite side. Fasten legs together at the end, and with a strong cord tie them to the tip of the tail. Press wings close to the body, and secure

to position with the second skewer, which you pass through wing, body and wing on the opposite side. Draw neck skin back nicely, and fasten to position with thread and needle or with small wooden skewer. Cross string attached to tail and draw round the end of lower skewer, then cross again and place round the upper skewer. Fasten in knot and cut off ends. Season outside with salt and pepper, and spread with soft butter and place in roasting-pan.

To Bone a Chicken.

Cut through the skin down the center of the back, and with a pointed knife lift the flesh on either side, until the sockets of the wings and thighs are reached. Then you bone the joints carefully. After this the flesh from breastbone will be very easily removed. The fowl thus prepared must be filled with force-meat to take the place of the bones that have been removed. This can be a second uncooked fowl or the best cuts of veal from the round, minced and seasoned highly. The body should be filled with stuffing, either made with crumbs or chestnuts as you like. Sew the skin together down the entire back. Truss the fowl as usual, and it is ready to bake.

Broiled Chicken.

Singe, wipe, and with sharp knife cut through the backbone, beginning at the neck. Lay open the bird and remove the contents from inside. Cut out the rib bones on either side by detaching them from the breastbone; flatten by pounding a little. Sprinkle with salt and pepper, and spread with soft butter. Lay on a well-greased broiler and broil twenty minutes. Expose

the flesh side to fire most of the time, as the skin side will brown much quicker. Remove to hot platter and spread with butter, and season with salt and pepper. Should the chicken brown too quickly, you can place it in the oven for a few moments to finish the cooking, as chicken and fowl must be thoroughly done before they are served.

Slightly Tainted Meat.

The one recipe I give for chicken in the least bit tainted is, do not use it at all. But the remedy always suggested is to wash thoroughly in soda water and rinse in water with a little vinegar in it. The fact is that chicken and fowl are great to catch ptomain, so too much care can not be used to guard against it.

Boiled Fowl.

Pluck, singe, draw and wash the fowl. Tie up in cheesecloth and place on trivet to keep it from catching on bottom of the kettle in which it is cooked. Put enough boiling water in the kettle to about half cover the chicken. Turn occasionally, and cook slowly until tender. Add salt enough to the water in which you are cooking to taste agreeable and a little pepper. A small cube of salt pork is nice cooked with it.

Brown Fricassee of Chicken.

Dress, clean and cut up a fowl. Roll each piece in flour that has a teaspoon of salt to two rounded tablespoons of flour, and a little white pepper. Brown in equal parts of lard and butter to golden brown, using care not to burn them. Put the ribs, neck and gizzard in bottom of saucepan, and pile the pieces of chicken

on them. Make a sauce in the frying-pan with flour water, and season nicely to taste. Strain over the fowl in saucepan and simmer slowly until tender; the time will depend upon the age of the chicken. Ten minutes before serving add one cup of mushrooms and one cup of peas. The peas can be canned or fresh; if fresh, they will want thirty minutes.

White Fricassee.

White fricassee is made by preparing the fowl in the same way, and boiling slowly in water until tender. Then remove, and have about two and a half cups of the stock which you remove the fat from, and thicken with flour and butter rubbed together, and season with salt and pepper. Just as you go to serve, add one cup of oysters plumped in their own liquor. In serving a fricassee of chicken, place the chicken on hot platter, laying breast in the center of dish, and wings and thighs opposite each other across leg at bottom of the platter, and garnish platter with green at each end. Watercress is always preferred for this purpose.

Fried Chicken à la Kentucky.

Clean, singe and cut into pieces for serving two young chickens. Sprinkle with salt and pepper, and roll in flour, having the chicken wet, so that as much flour as possible will stick to the pieces. Put into frying-pan in very hot lard, and cover closely, and brown well on all sides. When the pieces are all browned, remove them to hot pan, and pour off the fat and add flour and brown in two tablespoons of butter, and to this add milk to make a rather thick sauce. While sauce is boiling, loosen all the brown caramel from bottom of the pan, to give the sauce a good flavor and also

color. Just as you go to send to table, add one-half cup of good cream. Arrange the chicken on hot platter, and pour the sauce over the whole. Garnish with cress.

Chicken in Cream à la Denver.

Dress, singe and cut up two fryers weighing about two and a half or three pounds. Sprinkle with salt and pepper. Rub over with soft butter, roll in flour, and arrange in dripping-pan. Put into hot oven and cook until a golden brown. Pour over enough thin cream to half cover, return to oven, and cook slowly until the chicken is well done, but not long enough to make it a bit dry. Baste with the cream several times during the baking. Remove the chicken to hot platter, and make a cream sauce with the cream in the frying-pan, using one tablespoon flour and a little more of the thin cream.

Chicken à la Meringo.

Clean, dress and cut chicken into pieces. Season with salt and pepper, dredge with flour, and sauté in salt pork (or half lard and half butter) until a golden brown. Place the pieces in stewpan and cover with sauce, and cook slowly until tender. Add one cup mushrooms cut into pieces, and cook five minutes. Arrange on hot serving-dish, and pour sauce round. Garnish with cress or parsley.

Sauce.

⅓ cup butter.
1 small onion, minced.
2 tablespoons carrot, minced.
¼ cup flour.
2 tablespoons turnip, minced.
1½ cups boiling water.
1 cup strained tomatoes.
Salt and pepper.
Dash cayenne.

Cook butter and vegetables five minutes. Add flour and cook until the flour is well browned. Add the water and strained tomato. Cook for a few moments, and strain onto chicken in stewpan.

Planked Chicken.

1 three-pound chicken.
½ pound mushroom caps.
4 red peppers.
4 green peppers.
A little onion, minced.
1 teaspoon lemon juice.
1 tablespoon minced parsley.
⅓ cup butter.
Enough mashed potato to dress plank.

Clean the pepper by removing the seeds from the inside, and cook in boiling water until tender. Cream the butter, parsley, onion and lemon juice. Prepare chicken as for broiling. Spread with soft butter, and bake in hot oven until nearly cooked. Butter plank, and arrange border of potatoes, with pastry-bag and tube close to edge of plank. Peel mushrooms and sauté them in a little butter. Arrange on chicken with the red and green peppers. Spread all with the prepared butter, and arrange your red and green peppers inside the potato border, and place in hot oven to brown the potatoes. Finish cooking the chicken.

Chicken én Casserole.

Prepare fowl and separate at the joints. Sprinkle with salt and pepper, and roll in flour. Melt one-third cup butter in frying-pan. In this brown the pieces of fowl, removing them as they brown to the casserole. Then, in the butter in the frying-pan, brown one onion, one green or red sweet-pepper and a little ham, all minced fine. Add to this three cups of hot white stock or boiling water, two cups of stewed tomatoes, with one cup of rice that has been boiled a few moments to

swell it. Mix all well, season with salt and pepper, and pour over the chicken in the casserole. Cover closely, and cook in the oven slowly until the chicken is tender. Serve from casserole. This is fine.

Jellied Chicken.

Use a fowl weighing four or five pounds. Clean and cut up. Put into stewpan with boiling water to cover. Unless objected to, add a small whole onion. Pour on enough boiling water to cover, and cook slowly until the meat will fall from the bones. When about half done add salt to taste—not too much—as you will at the last have to reduce the stock to one cup. Remove chicken from the bones cut into slices, or mince the white and dark meat separately, and decorate a mould with slices of hard-boiled egg and lemon, and place a layer of the white meat and one of the dark until all is used. Remove fat from the stock, cool and pour over the chicken. Add more salt, if there is not enough before you pour on the stock. Place the mould under heavy weight until it is firm.

Chicken Pie.

Use fowls. Dress clean, cut up, and put into stewpan with a small onion, sprig of parsley and small piece of bay leaf. Cover with boiling water, and cook until tender. When half done add salt and pepper. When chicken is tender remove from stewpan, strain stock, and skim off fat. If too much stock, reduce it by boiling, then thicken with flour diluted with cold water to the right consistency. Remove some of the large bones and arrange the chicken in a baking-dish. Pour over the gravy and cover with pie-crust, making several incisions for the steam to escape. The crust can

be plain pie-crust, puff paste, or a crisp biscuit dough, as you choose.

Chicken Gumbo.

Clean, dress and cut up a three-pound chicken, season with salt, pepper and flour. Brown in salt-pork fat, and remove to stewpan; fry in the same fat one small onion, three cups of sliced okra, one red sweet-pepper, onion and pepper cut very fine, and cook for ten minutes. Add this to the chicken in the stewpan with two cups of tomatoes, two and a half cups boiling water, salt to taste. Cook slowly until chicken is tender, and add three-fourths cup boiled rice.—(From a friend in New Orleans.)

Stuffed Chicken.

Clean, dress, stuff and truss chicken. Place in dripping-pan breast down for awhile, to keep the white meat from being dry, first having rubbed with soft butter. Place in hot oven until it begins to brown, then lower your gas, and cook slowly, basting frequently with butter and hot water from the pan. Turn the chicken from time to time that it may brown on all sides. When the thigh is tender the chicken is ready to remove. Make the sauce in the pan, adding the giblets that you have boiled in salted water until tender, and chopped fine.

Stuffing for Fowl.

2 cups bread or cracker crumbs.
3 tablespoons butter.
1 onion.
1 stick of celery.
1 egg.
½ teaspoon powdered thyme.
1 tablespoon minced parsley.
A dash of cayenne.
White pepper.
Salt.
Moisten with milk.

Cook onions, celery and parsley in butter. A ten-

pound turkey is a nice size. Dress, clean, stuff and truss same as chicken. Spread with soft butter, and sprinkle with salt and pepper. Place in hot oven, and baste with hot water and butter, and turn and expose all sides to the heat that it may brown evenly. Keep the gas rather low, so that it may not brown too much. Before serving remove strings and skewers. Garnish with parsley and curled celery. In preparing it will take double the amount it does for chicken.

Chestnut Stuffing.

1 cup bread crumbs.	½ cup butter.
3 cups chestnuts.	Salt to taste.
White pepper.	Moisten with cup cream, thin.

Shell and blanch chestnuts. Cook in salted water until tender, drain and mash. Add butter, salt, pepper, cream and cracker crumbs. Blend all together and stuff same as with bread.

Oyster Stuffing.

3½ cups bread crumbs.	½ cup melted butter.
1 pint oysters.	A little grated onion.
Salt and pepper to taste.	

Clean and drain oysters. Mix together the bread crumbs, onion, butter, salt and pepper. Add the oysters.

In German cooking one-half cup seeded raisins and some chopped nuts are often added, and are very nice.

Gravy for turkey is made in pan same as chicken gravy; but if the turkey is very fat, pour fat off, as you will find turkey fat hard to digest. You can leave in some of the fat or use butter if you prefer, and have the giblets well cooked in salted water, until tender and minced fine. Use the water in which the giblets were cooked to make the gravy, with flour to thicken.

Roast Goose.

Remove pinfeathers, singe, and wash in warm water with soda in it. Scrub well with stiff brush. Draw, wash in cold water and wipe; stuff, truss, and season with salt and pepper. Cover the breast with thin strips of fat salt pork. Place on rack and put into hot oven, and cook for about two hours, more or less, according to age of goose. Baste frequently with fat in the pan. Remove fat and brown the goose. Serve with apple sauce.

Potato Stuffing for Goose.

3½ cups hot mashed potatoes.
1 finely minced onion.
3 tablespoons butter.
Salt and pepper.
1 egg, beaten very light.

Mash potatoes; add onion, butter, salt and pepper, then the egg. Fill goose and place on rack in oven. This stuffing is good for domestic ducks.

Roast Wild Duck.

Dress, clean and truss wild duck, fill the breast with celery or quarters of apple. Put into hot oven and cook for twenty minutes. Cover breast with fat salt pork. Baste every five minutes with fat in the pan. Serve hominy fried and folded like omelet (it wants to be brown before folding). Currant jelly and celery.

Canvasback Duck.

Cook canvasback duck same as the above, and when done the breast alone is served; the legs, wings, etc., are cut off and juice expressed with hot meat-press and poured over the duck. Orange cocktail is a nice accompaniment for canvasback duck.

Roast Quail.

Dress, clean and truss quail. Cover with soft butter. Season with salt and pepper. Lard or spread the breast with salt pork. Cook about eighteen or twenty minutes in rather hot oven.

Broiled Quail.

Prepare same as broiled chicken. Serve on pieces of toast, toasted only on side the quail rests on. Serve currant jelly, and garnish with parsley. Time for cooking, seven or eight minutes.

Broiled Venison Steak.

Use the recipe for broiling beefsteak. Spread with butter and serve rare.

Venison Cutlets.

The cutlet is cut from the loin of the venison. They are trimmed into shape and egged and crumbed, and sautéd in butter. Served with wine sauce with olives in it.

Saddle of Venison.

Saddle of venison is prepared same as saddle of mutton, and served with currant jelly sauce. The venison is spread with currant jelly just before taking from the oven.

Guinea Fowl.

They are at their best when a year old and under. They are cooked same as other domestic fowls, and are served with a sauce. I ate one at a café that I thought was delightful. It was braised in oven, and a sauce served with it called Kentucky sauce, which was a brown sauce made in the dripping-pan with good apple

cider instead of water, and with mushrooms added.

Herons, snipe, plover, prairie chickens, quail, pigeons, woodcocks, and all small game, are cooked in much the same way as spring or broiler chickens. They are broiled, fricasseed, stewed and casseroled, according to fancy and the occasion upon which they are to be served. The meat from pecan-nuts is a nice addition to a sauce to be served with game.

Roast Partridge.

Pick, draw and clean, and fill with turkey dressing. Truss into nice shape. Place in dripping-pan. Place thin slices of salt pork on the breast. When brown slightly add some water to pan to keep pan from burning. Lower your fire and baste frequently. It will take about one hour to cook. When done make the sauce in the pan after removing the birds, and adding flour and more water if needed. Serve on hot platter, and garnish with parsley. Serve sauce in gravy-boat.

Fried Plover.

You skin the plover and reserve only the breast and legs. Roll in flour. Place in frying-pan with hot butter, and turn and fry until a nice brown on both sides. Remove to hot platter. Season with butter, salt and pepper, and make brown gravy by adding flour and more butter to the frying-pan. Season nicely and pour over the birds.

Woodcock.

Pick, draw and clean. Tie the legs, remove skin from the head, turn head under the wings, and tie. Put a thin slice of bacon over the breast, and keep in place with small wood skewers. Fry for three or four minutes in some hot fat. Season and serve on toast,

with some tart jelly, currant preferred. These can be prepared in the same way and cooked in the casserole, and served from casserole.

Quail Pie.

Cut quails into halves, stew until tender, and season with butter, salt, pepper, parsley and onion juice and a tablespoon minced celery. Thicken with flour, place in baking-dish, and when cold cover with good pie-crust or puff paste, and bake until well browned. Serve from baking-dish.

WARMED-OVER DISHES FROM GAME AND POULTRY.

Creamed Chicken.

2 cups cold cooked chicken.
1 cup white sauce.
1 teaspoon minced celery (using the heart).
½ cup mushrooms.

Cut chicken into cubes, reheat in the cream sauce with celery and mushrooms.

Chicken and Oysters.

Prepare same as the above, and add one pint of oysters that have been plumped in their own liquor. Either of the above dishes can be served in potato well or patty-shells, or with border of rice.

Belgian Hare Baked.

Prepare about same as chicken. Clean, cut up, season with salt and pepper, and roll in flour. Place in dripping-pan and cook thirty minutes in oven, basting often with melted butter. Arrange on dish and serve with cream sauce.

CHAPTER XVI.

FISH AND MEAT SAUCES.

BUTTER and flour cooked together are the foundations for all the different kinds of sauces. When not browned it is called *roux;* when browned, *brown roux.* For white sauces we cook the butter and flour together in a saucepan, using care that it does not brown, and to this, as soon as it bubbles long enough to burst the starch grains in the flour, we add the liquid very slowly, with the seasonings. For brown sauce we stir the butter until well browned; flour is then added and stirred with the butter until both are well browned before adding the liquids. Remember the success of the sauce depends upon the browning of the flour and butter properly, for the least bit of burning will give the sauce a bitter taste. The proportions for sauce to have the average thickness is one rounding tablespoon of flour and one of butter, or, if leveled, two of each, and liquid, whether milk or stock. For brown stock a little more flour is necessary, as the browning process takes from the thickening qualities of the flour. It is well to remember when a sauce is placed on back of range to be used later that a few bits of butter on top will prevent the crust from forming. In using vegetables, to get the flavors, such as onion, carrot, turnip, etc., mince them very fine and cook in the butter a few moments. Skim out before adding your flour. This gives the best flavor you can get from the vegetables. Mix your salt and pepper with the flour.

Thin White Sauce. No. 1.

1 cup milk (cold). 1 tablespoon butter (rounded).
¼ teaspoon salt. ¾ tablespoon flour (rounded).
Dash white pepper.

Put butter in saucepan and melt until it bubbles. Add flour and seasoning, and stir until well blended. Pour on milk slowly, first drawing the saucepan to a cool place on the range. Should you pour the milk all in at one time, you will probably have a lumpy sauce that you will have to strain. A wire whisk is best for stirring a sauce. This sauce is about as thick as cream.

White Sauce. No. 2.

1 tablespoon butter. 1 cup milk.
1 tablespoon flour. ¼ teaspoon salt.
Dash white pepper.

Prepare same as thin white sauce.

Cream Sauce.

Prepare same as thin white sauce, using cream instead of milk, and do not allow it to boil after the cream is added.

Thick White Sauce for Cutlets and Croquets.

3 tablespoons butter. 1 cup milk or white stock, or
⅓ cup flour. cream and white stock.
Salt, pepper and paprika.

Prepare as white sauce.

Velouté Sauce.

Same as white sauce, using chicken stock, flavored with onion, celery, carrot and sweet herbs.

Sauce Allemande.

To velouté sauce add one-fourth cup mushroom liquor and a few of the mushrooms cut fine, and yolks of two eggs, well beaten with one teaspoon of lemon juice. After the eggs have been added do not let it boil, but keep hot in double boiler.

Béchamel Sauce.

Make same as velouté sauce, infusing with half cup thick cream just as you send to table. This is what the Earl of Béchamel did just as the chef was sending the turbot to the table, and though the Earl has passed away, we still have Sauce Béchamel.

Drawn Butter Sauce.

⅓ cup butter. 1½ cups water.
2 tablespoons flour. ½ teaspoon salt.
Pepper to taste.

Divide the butter in halves, using one-half in saucepan, to which add the flour as soon as it bubbles up well, then the water very slowly. Cook for a few moments and add the remaining butter in small pieces. Served with boiled fish.

Caper Sauce.

To a drawn butter sauce add one-half cup capers with a little of the vinegar. If to be served with boiled mutton, use the water in which the mutton was cooked for the liquid in making the drawn butter, and if to be served with fish, you can use some of the water in which the fish was boiled.

Egg Sauce.

This is prepared same as drawn butter sauce, with the addition of two hard-boiled eggs, cut into slices or chopped rather fine.

Brown Sauce.

1 tablespoon butter.	1 cup brown stock.
2 tablespoons flour.	¼ teaspoon salt.
Small onion, sliced.	Dash white pepper.

Cook onion in butter until browned, but not burned; if the onion has a golden brown, it will add color to the sauce. Remove onion and stir butter until well browned. Add the flour and seasoning, and stir until browned; then the stock gradually.

Brown Mushroom Sauce.

To one cup of brown sauce add one-half cup of mushrooms cut in two or three pieces according to size, and, if liked, a tablespoon of lemon juice is very nice.

Sauce Piquante.

To one cup brown sauce add two tablespoons chopped shallot or very mild onion, two tablespoons chopped parsley, three tablespoons vinegar, and cayenne pepper to taste (using care not to get too much, as it is very pungent), one tablespoon of capers and two of finely minced cucumber pickle.

Tomato Sauce.

2 cups tomatoes.	2 tablespoons butter.
1 small onion (minced).	3 tablespoons flour.
1 tablespoon minced ham.	½ teaspoon salt.
White and cayenne pepper.	

Cook onion and ham with the tomatoes for ten or fifteen minutes, then rub through strainer fine enough to catch all the seeds. Cook flour and butter together with the seasonings until well blended. If tomatoes are very acid, add sugar to develop a pleasant acid, then add them slowly to the butter and flour. Tomato sauce wants to be quite thick.

Orange Sauce.

2 tablespoons butter.
3 tablespoons flour.
1½ cups brown stock.
Juice 1 orange.
Rind 1 orange.
⅓ cup sherry wine.
Season with salt, pepper and cayenne.

Brown butter, add flour with seasonings, and stir until well browned. Add stock gradually, and just as you send to table the orange juice, orange rind cut in fancy shapes, and the sherry. This is fine for duck.

Currant Sauce.

1 cup brown stock.
1 tumbler currant jelly.
2 tablespoons butter.
Juice 1 lemon.
1 teaspoon salt.
¼ teaspoon pepper.
2 tablespoons corn starch.

Melt butter, add cornstarch, and when it cooks for a moment add cup of stock slowly, then the salt and pepper, lastly the jelly; and as soon as all is well mixed and hot it is ready to serve with venison, mutton, goose or domestic duck.

Chutnee Sauce.

1 cup granulated sugar.
2 cups vinegar.
1 clove garlic.
15 tart apples.
½ tablespoon ground ginger.
1 large onion.
½ teaspoon mustard.
¾ cup chopped raisins.

Pare, core and quarter apples, and stew in just enough of vinegar to cover until they are very soft, and mash fine. Chop onion and garlic together (very fine), and add with the sugar, ginger, mustard, raisins, one-half teaspoon salt. Thoroughly mix, bottle and cork tightly, and keep in cool place. Serve with meat or fish.

Olive Sauce.

Cover one dozen olives with boiling water, and let them stand for one hour on back of range. Wipe and remove the pits with sharp knife by paring them round and round. Add them to two cups of brown sauce, and simmer for three or four minutes.

Spanish Sauce.

2 tablespoons butter.
2 tablespoons flour.
1 cup brown stock.
2 cups strained tomatoes.
1 teaspoon sugar.
1 green Spanish pepper, cut fine.
2 tablespoons each of celery, onion and carrot.
2 tablespoons lean ham (raw).
Salt and pepper to taste.

Cook ham and vegetables with butter until well browned; add flour, stock and tomatoes. Strain and season with sugar, pepper and salt.

Tomato Cream Sauce.

2 cups tomatoes.
1 cup white sauce.
⅓ cup cream.
1 stalk celery.
1 slice onion.
Little thyme and bay leaf.
¼ teaspoon soda.
Salt, pepper and cayenne.

Cook tomatoes with seasonings for fifteen minutes, rub through strainer, add soda, white stock and cream. Serve with baked fish or lobster cutlets.

Oyster Sauce.

1 cup oyster broth.
1 cup thin cream.
1 pint oysters.
2 tablespoons flour.
2 tablespoons butter.
Salt and pepper to taste.

Wash the oysters, and reserve the liquor. Heat, skim, and add oysters, and cook until plump. Remove oysters and cook butter and flour, add oyster liquor and cream; as soon as it comes to the boiling-point,

season and add oysters. Serve at once or keep hot in double boiler, with a few bits of butter dropped in to keep skim from forming.

Cucumber Sauce with Whipped Cream.

½ teaspoon salt.
2 tablespoons lemon juice.
1½ cups whipped cream.
2 cucumbers (seeds removed, chopped and drained).
Paprika and white pepper.

Have cream whipped stiff; fold in lemon juice, salt, pepper and paprika, then add the cucumber.

Celery Sauce.

3 cups celery, sliced thin. 1 pint thin white sauce.

Wash and scrape celery to remove all the tough outside before slicing. Cook in boiling salted water until tender, rub through a sieve, and add to the white sauce. Celery sauce is often made from the stock in which fowl or turkey has been cooked, and one-half cup good cream added at the last.

Lobster Butter.

One-fourth cup of butter. Lobster coral. Wash, wipe, and force coral through sieve; put with the butter and rub until well blended. This butter is used for lobster soup, and sauces to give color as well as richness.

Tartar Sauce.

1 tablespoon vinegar.
2 teaspoons lemon juice.
¼ teaspoon salt.
1 tablespoon Worcestershire.
½ cup butter.

Brown butter in saucepan. Mix salt, paprika, lemon juice and Worcestershire sauce in small bowl, which you place over hot water. As soon as butter is well browned strain it over the seasonings in bowl. This is fine with a sautéd shad roe.

Maître d'Hôtel Butter.

¼ cup butter.
½ teaspoon salt.
⅛ teaspoon white pepper.
1 tablespoon finely minced parsley.
1 tablespoon lemon juice.

Cream butter well, add salt, pepper and parsley, and rub until the butter takes on a green hue from the parsley. Then add lemon juice a little at a time.

Hollandaise Sauce.

½ cup butter.
½ teaspoon salt.
Yolks of 4 eggs.
1 tablespoon lemon juice.
½ cup boiling water.
Dash of cayenne.

Cream butter thoroughly until soft and creamy, add yolks one at a time, then the lemon juice a few drops at a time until all is well blended, and lastly the salt and cayenne. Just before serving put it in top of double boiler over boiling water, first having stirred in the half cup of boiling water into the sauce.

Hollandaise for Chops.

Add to the above sauce one tablespoon each of minced parsley and fresh tarragon. This is also good served with smelts or salmon.

Bread Sauce for Partridge or Grouse.

2 cups milk.
1 onion.
2 cloves.
½ cup chopped pecan-nuts.
½ cup fine bread crumbs.
2 tablespoons butter.
½ cup coarse, stale bread crumbs.
Salt, pepper and paprika.

Cook milk, bread and onion with cloves stuck in it in double boiler for thirty-five minutes. Remove onion and add salt, pepper, pecan-nuts, paprika and butter. Brown the coarse crumbs in tablespoon of butter, and

sprinkle over the sauce after it is poured onto a hot platter, to serve the partridge or grouse on.

Mint Sauce.

⅓ cup mint leaves chopped fine.
⅓ cup vinegar.
½ teaspoon salt.
2 tablespoons powdered sugar.
1 tablespoon water.
A few grains of paprika.

Mince the mint very fine. Add salt and sugar and stir well, then add the vinegar with the water, and let it steep for one hour before using.

Wine Sauce.

1 cup brown sauce.
¼ tumbler currant jelly.
¼ cup sherry or port wine.
Dash of cayenne.

Use brown sauce without onion; add jelly and cayenne; heat very hot, and just as you serve it add the wine.

Sauce Tartare.

1 cup mayonnaise, mixed with mustard and tarragon vinegar.
2 tablespoons each, finely chopped, of capers, pickles, olives, parsley.

Boiled Salad Dressing.

½ cup vinegar.
¼ cup sugar.
¼ cup butter.
1 teaspoon mustard (dry).
1 teaspoon flour.
Yolks of 3 eggs.
1 teaspoon salt.
1 cup whipped cream.

Heat vinegar to the scald. Mix mustard, sugar, salt and flour. Add the eggs slightly beaten, and stir all well together, then pour on slowly the heated vinegar, and return all to the saucepan and cook about five minutes. Remove, add butter, cool and add whipped cream just as you serve. This is a fine dressing for tomatoes, cabbage, lettuce, etc. It is sometimes called cooked mayonnaise.

Curry Sauce.

FOR EGGS, CHICKEN, ETC.

2 tablespoons butter.
2 tablespoons flour.
2 tablespoons chopped onion.
½ teaspoon salt.
1 teaspoon curry powder.
2 cups milk or white stock.
1 tablespoon lemon juice.

Melt butter in frying-pan, add onion, cook for a few moments, but do not allow it to brown; add the flour, salt and curry powder mixed together. Add to frying-pan and cook a few moments until well blended. Add the liquid, cook again, and strain. Add lemon juice just as you serve, as all fruit juices have a fresher taste uncooked.

Cranberry Sauce.

1 quart cranberries. 1 pint sugar.
1½ cups water.

Carefully pick and wash berries, put into saucepan, add water, and cook until tender. Then add the sugar. When thoroughly dissolved it is ready for use, and may be served hot or cold. It may be strained and moulded if desired.

Apple Sauce.

FOR GOOSE AND PORK.

Peel, core and quarter eight or ten tart apples. Make a syrup with equal quantities of sugar and water; the amount will depend upon the tartness of the apple, but for ten apples three-fourths cup of each. Let it come to boil and remove any scum that arises. Add apples, cover closely and boil until apples are tender. They can be served in quarters, or mashed fine with potato ricer.

Mushroom and Tomato Sauce.

To a pint of brown tomato sauce add one-half can of sliced mushrooms.

CHAPTER XVII.

VEGETABLES.

The Care, How to Cook, Etc.

IN the vegetable kingdom we find all the different plants as food on our table, and it is a very important factor to our daily menu, and with exception of the beans, peas and lentils, which contain a great deal of proteid, their chief value is in the large amount of potash salts which they contain, together with the cellulose which is found in many of them, and this gives the needed bulk necessary to keep up the proper action of the stomach. The peas, beans and lentils take the place of meat to repair the muscle in the body. The various vegetables and plants are used in a variety of ways. Some are cooked, others used in their natural state as salad, such as lettuce, onions, cucumbers, watercress, tomatoes, radishes, etc. These are dressed in a variety of ways singly, and combined in salads.

The Care of Vegetables.

The care of vegetables is a very important thing, and the wholesomeness and flavor depend largely upon the care they receive. As soon as they come from the market they want to be cared for, and placed where they keep best. Lettuce wants to be dipped in water and wrapped in cheesecloth, and laid near the ice. Celery is treated in the same way. Corn will lose much of its sweetness if kept very long, and is a thing that

wants to be pulled from the stalk and cooked at once. Peas and asparagus need the same treatment as corn, but will stand a little keeping, but are better cooked soon after cutting and picking.

Wilted vegetables can be made fresh and crisp by placing in cold water, but they should not be kept too long in the water, or they lose their flavor. Winter vegetables want to be kept in a cool, dry place. In our markets of to-day are found the fresh vegetables all the year round, brought from the Southern States and California.

Cooking Vegetables.

Vegetables are always cleaned and washed in cold water and cooked in boiling salted water. Those that you wish to retain the green color want to be cooked uncovered. The time for cooking vegetables will vary according to the freshness and age.

Mushrooms and Truffles.

These come under the head of vegetables. Mushrooms grow in many localities, and should be used as often as possible, as they contain quite a quantity of nutriment, and are always an addition to meat sauces, croquets, macaroni, etc., and are fine sautéd in butter or stuffed and baked. The mushroom culture has become quite a thing, and they supply the markets all the year round. One wants to be careful in gathering them from the outside, and only those who positively understand should attempt to gather them, as the test of the silver spoon has been exploded from the fact that those which are edible will blacken the spoon as well as the poisonous ones.

To Prepare the Mushroom.

Trim off the stalk, and if the skin is tough, peel, if necessary. Wash them, but do not allow them to lie in water, as it may destroy the flavor. The best flavor is developed in the mushroom by sautéing in butter, but they are served in different ways.

Truffles.

Truffles grow underground, and are found more abundantly in France than elsewhere, but by the time they are canned and exported they become too great a luxury for anything but special occasions. The best truffles are found in the oak forests, where the soil is very sterile. They are about as large as a walnut, with a rough, brown, warty surface, closely akin to a potato. They are not easily found, from the fact that they are underneath the surface of the ground. The hog is very fond of them, and it is in this way they hunt for them. They take the hog out, and he soon begins to root up the ground where they are located, but as soon as he brings them to the surface they are taken from him. Truffle-gatherers keep this up until the hog will no longer work and have his food taken from him, and they have to rest him until he forgets his ill returns during the night; but he will start at it the next morning. The best truffles are found in France, but the price makes them a luxury. They can not be cultivated. They retail at two dollars a pound, and are used as a garnish for fancy entrées. On account of the price, many are very fond of them.

COOKING OF POTATOES.

Boiled New Potatoes.

Select those that are ripe. Scrub with small vegetable brush to remove all outside skin. Boil quickly in boiling salted water until you can pierce them with fork. Drain and sprinkle lightly with salt, and cover with perfectly clean cloth. Shake until dry and serve at once.

Baked Potatoes.

This is considered the most perfect way of cooking the potato. They want to be thoroughly scrubbed and washed. If all the earth is not thoroughly removed, you will taste it on the potato. In baking potatoes have them of uniform size, so they will all be done at the same time. Place them in the hot oven and bake them three-quarters of an hour. On removing from the oven break the skin to allow the steam to escape. Serve at once.

Riced Potatoes.

Use a plain boiled potato as soon as it becomes soft, and press through a ricer. Season with butter and salt.

Duchess Potatoes.

Use a pint of hot riced potatoes. Use one tablespoon butter, salt to taste, the well-beaten yolks of three eggs, and enough hot cream to make the mixture pass easily through a forcing-bag with tube attached. Decorate in any style desired. Brush top with egg and milk, and brown in hot oven.

Potato Roses.

Use duchess potato mixture and forcing-bag. Hold bag in upright position, tube pointing down; force out

potato to form the rose. Raise it quickly to break the flow. Shape these on tin sheet, brush with egg and milk, and brown in oven. Remove with spatula or broad-bladed knife.

Mashed Potatoes.

Use riced potatoes, and season with butter, salt and hot milk; beat until very light, and pile on serving-dish, but do not smooth, as the irregularity of the potato is much more attractive.

Potato Croquettes.

2 cups hot riced potatoes.
2 tablespoons butter.
1 egg.
Onion juice, cayenne, parsley.
Salt and pepper.

Mix ingredients and beat thoroughly. Shape, dip in crumbs and egg, and in the crumbs again. Fry in deep fat to a golden brown. Drain on paper, and garnish with parsley, and serve.

Potatoes O'Brion.

Fry three cups of potato cubes in deep fat and drain on paper. Cook one tablespoon onion in one tablespoon butter for two or three minutes, skim out the onion, and add three pimentoes to butter. Cut pimentoes in small pieces. When quite hot add the potato cubes. Mix well and serve.

French Fried Potatoes.

Use small potatoes, cut into eighths lengthwise. Soak in cold water for an hour or more. Take from water, dry and fry in deep fat. The fat must not be too hot, as the potato must cook as well as brown. Sprinkle with salt and serve.

Mill Creek Potatoes in Cream.

Wash, pare and cut into pieces not larger than peas. Parboil in salted water for three or four minutes; drain and put aside where they keep hot. For one quart of potatoes use a pint of cream sauce made by recipe for thin white sauce. Pour over potatoes, mix thoroughly, and turn into double boiler. Pour one-half cup of cream on top of potatoes, and place them on back of stove where water in bottom of boiler will just simmer for two or three hours. By this time they will have absorbed the sauce and cream, and will be very delicious; served with steak or chops, or any place where you would serve a creamed potato.—*Chef of Mill Creek House, Cincinnati.*

Delmonico Escalloped Potatoes.

Cut raw potatoes in pieces size of peas. Parboil in salted boiling water for about four minutes, drain and mix with a pint of thin white sauce, to which one teaspoon grated onion or onion juice has been added. Mix well and taste for seasoning. Turn into a well-buttered bake-dish, cover closely, and bake until sauce is almost absorbed, but do not have oven hot enough to brown. Ten minutes before you serve, sprinkle the top with one cup grated cream cheese and buttered crumbs. As soon as the cheese is melted and crumbs brown, it is ready to serve.

Escalloped Potatoes.

Wash, pare and cut potatoes into thin slices. Put layers in well-buttered baking-dish. Sprinkle with salt and pepper, dredge with flour, and dot with bits of butter. Repeat. Add hot milk or cold until you can

see it through the top layer; bake one hour or until the potato is soft.

Potato Curls for Garnish.

Select long potatoes, wash and pare. Shape with potato curler. Soak one hour in cold water. Drain and dry between towels. Fry in deep fat. Sprinkle with salt.

Hashed Browned Potatoes.

Chop five or six cold boiled potatoes very fine. Season with salt and pepper. Put into a frying-pan one-fourth cup of fat; when hot, put in the potatoes and heat quickly. Shape like omelet by pressing to one side of pan. When well browned drain off the fat and turn onto serving-dish. Two tablespoons of stock are nice mixed with the potatoes.

SWEET POTATOES.

Baked Sweet Potatoes.

Thoroughly wash and brush, and bake same as white potatoes.

Mashed Sweet Potatoes.

Select potatoes of uniform size. Wash, pare, and cook until tender. Press through ricer, season with butter, salt and pepper, and moisten with hot milk. Beat until very light and serve.

Candied Sweet Potatoes.

Wash, pare and cut into slices lengthwise. Sprinkle with salt, and put in frying-pan one rounding tablespoon of butter and one of lard, and lay the potatoes in and stir them so they will all be coated with the fat.

Then sprinkle them with one-half cup of brown sugar, cover closely and cook very slowly, stirring them as they brown until all take on the yellow, glossy look of candy. This is the way they cook them in the South, and they use a heavy iron frying-pan to cook them in. *They are fine.*

Broiled Potatoes.

Cut cold boiled potatoes into slices lengthwise, shaping them so they are flat on both sides. The slices want to be one-half inch thick. Dip them into melted butter, coating all sides well. Broil on grate of gas broiler until well browned. Nice with broiled ham.

Sweet Potatoes with Wine.

Bake and prepare same as white potatoes, by splitting in halves lengthwise. Mash, season with butter and salt, moisten with thin cream, and add two tablespoons of sherry wine. Refill skins and bake in hot oven.

Sweet Potato Croquettes.

Use two cups hot riced potatoes, add two tablespoons butter, one-fourth teaspoon salt, a dash of pepper, one egg beaten light. Shape into croquettes, egg and crumb, and fry in deep fat.

Lyonnaise Potatoes.

Cook small onion, cut into slices, in two tablespoons butter for five minutes; add three or four cold boiled potatoes cut into rather thin slices, about one-fourth inch thick. Sprinkle with salt, and stir well until all are well blended. Let it rest until potatoes are well browned, fold and turn onto hot serving-dish. Lyonnaised and hashed and browned potatoes are both im-

proved by the addition of two tablespoons of brown meat stock. They also hold together better.

Artichokes.

The French artichokes are in the market all the year, and are the ones principally used. At present California is sending them to our markets, but they are not so good as the French ones, but are cheaper. In New Orleans the artichoke is held in high esteem.

Boiled Artichokes.

Remove stems close to leaves, and cut off outside bottom leaves, cut one inch from top, and with a sharp knife remove choke. Tie with string to keep it in shape. Soak in cold water from forty-five to sixty minutes; longer does not hurt. Put into saucepan of boiling water, with salt and a little lemon juice. Cook thirty-five minutes. Remove from water, rest upside down to drain, and remove string. Serve with a Hollandaise sauce. They are often served as a course. Many prefer them dipped in melted butter as they eat them. In any case the leaves are drawn out separately, and dipped in the sauce or butter as may be. The fleshy parts only are eaten.

Fried Artichokes.

First boil them, then quarter, season, dip in batter, and fry in deep fat.

Artichoke Bottoms.

Cut off all leaves and remove choke. Cook until tender in boiling salted water with lemon juice or vinegar. Serve with sauce Béchamel.

Boiled Summer Squash.

Select squash by trying with the finger nail; if easily pierced with nail, it will cook quickly. Wash and cut into quarters or eighths, according to size of squash. If the seeds are large, remove them. Cook in boiling salted water until tender. Turn on cheesecloth in colander, and wring in the cheesecloth until dry as possible. Mash, season with salt and pepper.

Fried Summer Squash.

Prepare and treat same as eggplant.

Steamed Hubbard Squash.

Cut into pieces, and remove seeds and stringy parts. Place in steamer and cook until tender over boiling water. Remove pulp from shell. Mash and season with butter, salt, pepper and a little thick cream, and, if not sweet enough, add a little sugar. Place on baking-dish and reheat in oven. Serve from dish.

Steamed Squash au Gratin.

Prepare same as above recipe, and cover with buttered cracker crumbs, and leave in oven long enough to brown the crumbs.

Fried Eggplant.

Pare an eggplant and cut into thin slices. Sprinkle with salt, dip into egg with two tablespoons of water stirred into it, and then into fine bread crumbs, and fry in lard with one tablespoon of butter with the lard until crisp and brown. If preferred, this can be fried in deep fat. In either case drain on paper and keep hot.

Stuffed Eggplant.

Cook eggplant in boiling salted water to cover for ten or twelve minutes. Remove and cut a slice from top, and with a spoon remove the pulp, leaving a wall thick enough that it will hold the prepared stuffing. Chop pulp, and add one cup bread crumbs. Melt in frying-pan two tablespoons butter, add one of finely chopped onion, cook for a few moments, and add all to the pulp. Season all with salt and pepper, and moisten with half cup of strained tomato. Mix all well, and return to frying-pan; cook for five minutes, cool, and add one egg well beaten. Refill the eggplant and cover with buttered crumbs, and bake for thirty minutes in an oven not too hot.

Cauliflower.

Cauliflower is the poetry of the cabbage family. They are in the market throughout the year. In selecting cauliflower choose those with the floweret white and free from black spots, and with leaves surrounding the head fresh and green. Trim outside leaves off and cut stalk even with the edible portion, and place head down in cold water with salt added to draw out any insects that may be concealed in the floweret. Let it rest for half an hour. Cook in boiling salted water until tender, but no longer. One that is fresh and crisp will cook in from twenty to twenty-five minutes. The cauliflower may be tied in cheesecloth before placing in the kettle. Put in kettle head down. If to be used as creamed cauliflower, remove, separate the flowerets, and reheat in one and one-half cups of thin white sauce.

Cauliflower à la Hollandaise.

Prepare same as creamed cauliflower, and use Hollandaise sauce.

Cauliflower with Cheese.

Prepare cauliflower and place on dish for serving, head up, and sprinkle with grated cheese, then with buttered crumbs. Pour one cup of thin white sauce round the cauliflower, and place in the oven to brown the crumbs and melt the cheese. The casserole is the best form of serving dishes au gratin, for the reason they are always hot.

Fried Cauliflower.

Prepare by placing in cold water for thirty minutes. Separate into flowerets, shape stalks, and boil in salted water for ten minutes or until tender. Drain, roll in bread crumbs, then in egg mixed with two tablespoons of water, then back to the crumbs again. At time for serving fry in deep fat, drain and serve. This makes a nice entrée, with a thick tomato sauce, with sweet green pepper in the sauce.

Brussels Sprouts.

Brussels sprouts are of the cabbage family also. Each little sprout is a miniature cabbage-head. They grow on a stem, and one stem will yield about one and one-half to two quarts. In the preparation we pick them over and soak in cold water for twenty minutes, then drain. Cook in boiling salted water until you can pierce them easily. One-eighth of a teaspoon of soda (bicarbonate) will help to retain the green color. As soon as tender, drain. Use one cup of thin white sauce to one pint of the sprouts.

Brussels Sprouts with Butter.

Prepare same as above. Drain on cloth placed on colander, and toss in saucepan with one-fourth cup of butter, one tablespoon minced parsley, salt and pepper.

Cabbage.

In our markets we find the Savoy, purple, sugar-loaf and drumhead cabbage. For boiling, the Savoy is the best; for cold slaw, the purple and drumhead. Always choose the heavy, solid head.

Boiled Cabbage.

Remove outside leaves. Cut into quarters, and cut out the tough stalk. Soak for half an hour in cold salted water. Place in kettle with plenty of boiling salted water, and cook for ten minutes. Drain and return to kettle, and cover with boiling water and cook uncovered until tender. Drain and season with melted butter, salt and pepper, or it may be cooked with salt pork. In this case the pork wants to be boiled for about two hours before the cabbage is added, first parboiling the cabbage in salted water and draining to remove the strong juices. Then add to the water in which the pork is cooking, using care to remove the cabbage as soon as it is tender. Too long cooking will make it red and strong.

Escalloped Cabbage.

Cut one-half boiled cabbage quite fine. Season with salt, pepper and dash of cayenne. Mix with cup of thin white sauce, and put into buttered baking-dish. Cover with buttered crumbs, and, if liked, a sprinkling of cheese. Put into oven and bake until crumbs are browned.

Stuffed Cabbage.

Cut out stalk end of head of cabbage, leaving a hollow in the shell. Make a stuffing with one pound of good pork sausage, one cup bread crumbs, one sweet pepper cut into fine ribbons, one onion, a little parsley, and one egg. Moisten with a little water or milk, fill cabbage, and tie tightly in cheesecloth and place on trivet in kettle. Fill half full of water. Cover closely and steam until cabbage is tender. Serve a tomato sauce, rather thin and highly seasoned.

Purple Cabbage with Wine.

Slice the cabbage very fine. Soak in cold water, drain, and cook in stewpan with two tablespoons butter, a little onion juice, salt, pepper and a dash of cayenne. Cover closely and cook until the cabbage is tender. Add one-fourth cup white wine and one tablespoon sugar. Cook five minutes and serve with baked rabbit.

Cabbage Slaw.

For slaw select a solid white head of cabbage, cut into halves, and with a very sharp knife shred as fine as possible. Soak in cold water until crisp. Drain, and dry by tossing in a bowl. Dress with boiled cream salad dressing.

Turnips.

In the market we find the small, flat purple top and the rutabaga, and a small, green variety known as kohl-rabi, but the rutabaga is the best and sweetest of the varieties. The juices of the turnip are strong, and they are better for parboiling once at least.

Mashed Turnips.

Wash, pare, cut into quarters, parboil and drain; return to stewpan, cover with salted water, and cook until tender. Drain, mash and season with salt, pepper and butter. A good-sized white potato cooked with them will make them drier when they are mashed.

Creamed Turnips.

Wash, pare, cut into cubes, and cook until tender. Allow one cup of thin white sauce to three cups of turnip cubes.

Turnip Cups.

Wash, pare and cook in boiling salted water until tender, small turnips of uniform size. Drain, and with spoon remove the inside to form a cup. Dip each cup into cream sauce to give them a glazed appearance and also to season them. Fill them with cubes of boiled and seasoned carrots or peas. In either case the dish is more sightly if the peas or carrots are seasoned with salt, pepper and butter, from the fact that the color is better.

Onions.

The onion, garlic, leek, chives and shallot are of the same family as the lily. From the fact that the juices and odor of the onion are so strong, we want to soak them in water for some time before cooking, and change the water on them after the first ten minutes of cooking, and replenish the water with cold water with salt in it. They are wholesome, and considered good for the nerves. The common garden onion we have all the year. The Spanish, Bermuda and Texas silver-skin appear in the market during March. These onions are

larger and more delicately flavored than our own onion. Garlic, chives and shallots are used in salads, and also for additional flavor for many dishes.

Boiled Onions.

Place onions in cold water to remove skins. Put to boil in plenty of salted water. Boil ten minutes, drain, cover again with salted water, and boil until tender, the time depending upon size of onion. They must be thoroughly done. A medium size will require about one hour. Drain and add a little milk or thin cream, cook a few moments, and season with butter, salt and pepper.

The Large White Onions in Cream.

Remove skins, cut into slices about one-fourth inch thick, and with the finger separate into rings. Soak one hour in cold water to cover, with a little salt thrown into it. Drain and cover with boiling water, and boil hard for five minutes. Drain again and cover with boiling water with a little salt in it, and cook until quite tender. Dress with a thin cream sauce, to which you add one-third cup of thick cream. This is fine with duck or fowl.

Stuffed Onion.

Use the large Bermuda onion when in season (or the Spanish). Remove the outside skin, and boil for ten minutes in salted water; drain, and return to the fire. Cook until tender, but not broken. Remove from the stewpan, drain, and slightly cool. Remove part of the center, and prepare stuffing with onion which you have removed chopped fine and mixed with bread crumbs, cold chopped chicken or lamb left over from the roast or boiled leg, one-half cup pecans, and moist-

ened with tomato juice or cream, and two tablespoons butter. Mix all well together and refill onions. Sprinkle with buttered bread crumbs, place in buttered bake-dish, and cook until well done and crumbs are browned.

Fried Onion.

Clean, cut into thin slices, and put two tablespoons of butter in hot frying-pan. Add onions and cook until tender, stirring occasionally with a fork so as not to let them burn. As soon as they are soft, season with salt and paprika.

Carrots.

The carrots are always in the market, and now we have both the new and old all the year round, and at present they are quite fashionable served as a vegetable, while formerly they were only used for flavoring for soups, sauces, etc. To prepare them, wash, scrape and cut off tops and roots; cut into cubes, balls or fancy shapes, as desired. The brightest color and best flavor of the carrot are near the skin.

Carrots in Cream.

Scrape, wash and cut in any shape you wish, in long strips about the size of a match, cubes, balls or with vegetable centers. Cook in boiling salted water until tender. Season with one-half cup of rich cream, one tablespoon butter, salt and pepper to taste. Simmer for a few moments and serve. These are fine. Serve with fowl or veal.

Carrot Border for Peas.

Prepare as above, and season with butter, salt and pepper, and form in border round peas. They are

nice served together. Bits of the carrot top with pink sweet-peas make a pleasing garnish.

Celery.

Celery is in the market all the year round, but the best is the smaller or home grown. That from California is too large and coarse to be tender, even with the bleaching. In Denver, Col., they have what they call the Pascal celery, which is the most delicious I ever tasted. Even the outside green stalks are tender and edible. I find they are shipping this celery to different markets, and during my work in Youngstown, Ohio, I found it there, much to my delight, as nothing makes so good a salad. Kalamazoo, Mich., furnishes quantities of celery for all over the United States.

To prepare celery cut off roots and leaves, scrape, and scrub with vegetable-brush. Wash in cold water, and chill in water made cold with a piece of ice, and one-half tablespoon of lemon juice in the water to keep it white. The celery tops are more attractive when served if they are cut three or four times with a sharp knife, making the cut about one inch long each. This forms curls as it rests in the ice water.

Creamed Celery.

Clean, scrape and cut celery stalks into inch pieces. Boil half an hour, or until soft, in salted water. Drain and add one cup white sauce. The outside stalks are nice for creamed celery, if they are scraped and well brushed to remove all the stringy substance that the knife loosens. The hearts can be served as celery or used for a salad.

Lettuce.

The lettuce is found in the market all the year, and is valuable for the table for the salts and water which it contains, although it is not a nutrient; but in spring, when the green vegetables are high-priced, it tones the stomach and keeps the blood cool. There are several varieties—the curly, the head lettuce and the lettuce Romain. The latter is held in high esteem by the connoisseur, dressed with French or mayonnaise dressing. To prepare lettuce for use, remove the outside leaves that can not be used, and with care separate remaining leaves. Wash in cold water and rinse. Shake all the water off you can without bruising the leaves; lay it with leaf turned down on towel to dry, and shake and toss on towel until water is absorbed. If to be served as a salad, place in bowl as nearly in the original shape as possible. If the lettuce is not to be used for several hours, wrap it up in a clean cloth and place it on block of ice, and by the time you want it, it will be very crisp. The head lettuce is the most desirable for salads, and the curly lettuce for a garnish. Cut into ribbons, it makes an attractive border, especially if you dot border with red radishes made into roses by cutting with sharp knife, and clipping the skin very thin, and resting in ice water until the petals curl.

Chicory.

Chicory or endive is in the market all the year, and used for salad or to garnish with.

Watercress.

Watercress is most abundant in spring and summer, and is used for garnish for special dishes, and salad combined with eggs.

Beets.

Wash beets carefully and avoid breaking skin, and do not have tops cuts too short. Cook in boiling water until tender. It will take three or three and one-half hours to cook them, according to size of the beet. Drain and plunge into cold water and remove the skins. Cut into slices or quarters.

Sugared Beets.

Use from four to six beets. Prepare as above, and after they are cut into slices, add two tablespoons butter, one tablespoon sugar, salt and pepper to taste.

Beets in Vinegar.

Slice boiled beets thin. Season with salt, pepper and a little cayenne, and one-fourth cup sugar, with vinegar to cover. These are nice for salad garnish, and if you are going to use them in that way, it is well to leave them whole, in order that you can cut them in any shape desired as you use them. They make pretty three-leaf clovers for potato salad.

Beets in Sour Sauce.

Cook in boiling water until they are tender. Plunge into cold water and remove skins. Cut into cubes or one-quarter-inch slices. Put into saucepan two tablespoons butter, one tablespoon flour, one-half cup vinegar, salt, pepper and a little cayenne. Reheat the beets in the sauce, and serve.

Beet Greens.

Use the small beets about as large as a small marble; clean and wash well. Boil in salted water until ten-

der in a small quantity of water. Drain, rub skins off the small roots, chop, and season with butter, salt and pepper.

Dandelion Greens.

These are prepared same as the beets, and cooked in about the same way with exception of more water, to dilute the bitter taste which we find in the dandelion, and it is this bitter that makes it such a good spring tonic.

Green or String Beans.

Our native string beans appear in the market about the last of June. The ones we find in the market in the winter come from the South and California, and are not nearly so tender or so fine flavored on account of coming so far packed in crates and boxes. There are several varieties of the beans. Some grow on low bushes and some of them are runners. The low ones are known as the bunch and wax bean, while the runners are called the pole bean, and are trained on long poles. Some of the pole beans grow as long as a foot, and are very tender and fine for the table. The cranberry variety is much sought after for the table. The white wax bean is very delicate and tender. In selecting string beans try to get one with a round pod, as they are always more tender than the flat pod, and less of the woody fiber in outside pod.

String Beans.

Remove strings, snap or cut into inch length, wash in cold water, and put to cook in boiling water. Do not use too much water, or you lose the flavor of the bean, and also some of the green color which makes the dish attractive. Boil for two or three hours, ac-

cording to the freshness of the bean. Season with salt after the first hour. When tender, drain and season with butter, salt and pepper.

String Beans with Bacon.

Use a cube of bacon two inches square; remove skin, cut into thin slices almost through, place in stewpan, and boil about fifteen minutes before you add the beans. String and cut the beans into inch lengths, wash and add to stewpan with the bacon, and simmer slowly for two hours, or until the water has cooked away, leaving the beans almost dry. Season with salt and pepper and a little cayenne. Serve the cube of bacon on top of beans.

Shell Beans.

The cranberry bean is particularly fine shelled. Shell, wash and cook in boiling water for two hours. Cook slowly. Cook in small quantity of water, so there will be none to drain off when beans are done. Season with butter, salt and pepper. One pint of sweet corn added to them ten minutes before serving is fine.

Flageolets.

The flageolet is a French product, and we get them canned. They are also dried, but the canned ones are the ones we use. They make a nice and pretty border for a fancy dish such as Chartreuse. They are improved by the addition of a little onion juice and minced parsley, added when the butter, salt and pepper are added.

Lima Beans.

Use as soon as possible after they are taken from the vine. Cook in boiling water until tender; it will

take about thirty minutes for the fresh, tender ones. Drain, season with butter, salt and pepper, and one-fourth cup thick cream makes them much better. The white wax bean is nice seasoned this same way. They are called "wax beans in cream" or "lima beans in cream."

Peas.

Peas contain a large per cent. of proteid, and when young are easy to digest, and are one of our most delicious vegetables. Our own native peas, fresh from the vines, are much better and more tender than the shipped ones. They appear in market about the first of June, except in the North, where they are later. The small, sweet peas are the best. We now find a variety known as the Telephone peas that are large and very sweet. These appear just after the early June. They have a large, flat pod, and are well filled. The marrowfat is a large pea, perhaps the largest, and is usually quite sweet.

Creamed Peas.

Remove peas from pod and wash. The imperfect ones will rise to the top when covered with water. Skin this off and drain the remaining ones. Cook until soft in a small quantity of boiling water, adding salt the last ten minutes of cooking. If the peas are young, they will cook tender in thirty minutes. Overcooking will spoil them. Season with butter, salt and pepper, and to a pint of peas one-fourth cup thick cream. Add a little sugar if not sweet enough.

Young Peas in Butter.

Use only very young, tender peas; shell them fresh, enough to make one and one-half pints. Put two table-

spoons of butter into hot frying-pan, add peas, and shake constantly to keep them from browning. As soon as they are tender, season with salt and white pepper, and serve. These are fine. Asparagus tips can be treated the same way.

Corn.

The only corn to consider is the native sugar corn, although we find it in the market as early as June. By the first of August it becomes abundant, and is sweet and fine for the table. Among the best varieties is the "Country Gentleman." This is in the market by the last of July, and is fine and sweet.

Boiled on the Cob.

Remove the husks and silky threads that are on the corn, and cut into shape with sharp vegetable-knife. Cook in boiling water (*without salt*) for ten minutes, if the corn is in the best condition, but if a little old, you may cook longer, but avoid too long cooking. Serve folded in napkin on platter.

Succotash.

Cook lima beans until tender, using just enough water so there will be none to drain off. When beans are tender and water cooked away, add equal amount of sweet corn cut from the cob, fresh. Place corn on top of the beans, cover and cook for ten minutes. Season with butter, salt and pepper. Stir until beans and corn are well blended, and serve in covered serving-dish. Instead of the lima bean, you can use the white wax bean, or the green pole bean; also the dried navy bean. This is one of the most delicious dishes that appears on our table, if properly prepared. Kentucky is where you find it fine.

Corn Oyster.

1 cup grated raw corn.
1 egg.
⅓ cup flour.
Salt and pepper.

Grate corn, add flour and egg well beaten, salt and pepper enough to season rather highly. Drop by spoonfuls onto a hot, well-buttered griddle, or fry in deep fat. Care must be taken not to have them larger than a good-sized oyster.

Fried Corn.

Cut fresh sweet corn from the cob. Put into hot frying-pan one tablespoon lard, one tablespoon butter; as soon as they are quite hot, add the corn cut and scraped from the cob. This is done by first cutting a very thin cutting from the top of the grains of corn, and with the back of knife press out the inside of the grain. Add this to hot fat, and stir with broad-bladed knife to keep it from burning, as the milk from the corn will burn very quickly. This is fine with fried chicken.

Corn Fritters.

1½ cups corn.
¾ cup flour.
1 teaspoon salt.
1½ teaspoons baking-powder.
¼ teaspoon paprika.
2 eggs.

If the corn is fresh, grate it; if canned, chop very fine. Add dry ingredients and yolks of eggs well beaten, then the whites beaten stiff. Cook in frying-pan in hot fat, and drain on paper.

Asparagus.

The asparagus is a salt-water plant, and the finest we have in the market is that which is washed by the sea every day. We read that ages ago the Romans looked upon it as one of their most succulent and de-

licious vegetables, and great care and attention were given by them to the cooking of it. Our best asparagus appears in the market about the last of April, and the large white varieties come from Oyster Bay. Fresh cut and tender, it will cook in about twenty minutes (great care should be taken not to cook it too long), and the heads (or tips) cook much quicker than the stalks, and for this reason we tie it up in uniform bunches and stand in stewpan heads up, so the steam cooks them while the stalks are boiling in the salted boiling water. The tough end of the stalk should be peeled. If this is done carefully, it makes the entire stalk edible.

Boiled Asparagus with Butter.

Prepare as directed above. Cook in boiling salted water for twenty minutes, or until tender. Untie and season with butter, salt and pepper, about a tablespoon of butter to a bunch of asparagus.

Asparagus on Toast.

Prepare same as the above. Have toast ready, and dip quickly in the water in which the asparagus was cooked. Place enough of the asparagus on each piece of toast for a service.

Asparagus in White Sauce.

Cut asparagus into inch lengths. Boil in salted water until tender. The heads will cook in less time than the stalk, and for this reason you leave them until the last ten minutes of the boiling, when you lay them in the boiling water with the stalk. Drain and add to a thin white sauce, and serve in crustards of bread.

Crustards.

Cut rounds of bread one and one-half inches thick, and shape with a knife by removing the center to form a cup. Fry in deep fat, or dip in melted butter and toast a golden brown in the oven. Fill with creamed asparagus.

Asparagus à la Hollandaise.

Prepare as directed. Tie in bunches and boil heads up in salted water until tender. Drain and pour over the tips a sauce Hollandaise. This is a nice vegetable course for a dinner.

Asparagus with Poached Eggs.

Prepare and boil in salted water until tender. Drain and arrange on squares of toast, dipped in the water where the asparagus was cooked, and on each service put a nicely poached egg and enough melted butter to season. This makes a nice dish for luncheon where meat is not served.

Cucumbers.

The cucumber as it grows fresh and crisp is the best form to serve it for the table, but it is often cooked. We find it in the market all the year round, from the garden during the summer months and hot-house and Southern markets during the winter.

Stuffed Cucumbers.

Select large cucumbers of uniform size, cut them into halves, and with a spoon and the vegetable knife remove the seeds. Stand in cold water until crisp. Drain and fill with chicken force-meat, using equal

parts of minced chicken and soft crumbs. Season rather highly, using paprika, salt and white pepper, and moisten with egg. Place upright on a trivet, and half surround with white stock, and cook for three-quarters of an hour. A good way to keep them in position is to place them in small wire basket, and rest the basket on the trivet.

Fried Cucumbers.

Select cucumbers with very small seeds. Pare and slice in slices about one-fourth inch thick, season with salt and pepper, crumbs and egg, and fry in deep fat. This tastes something like eggplant, but not so good.

Salsify or Oyster Plant.

The salsify is an underground root, and is very nice to make a variety in the menu during the winter. To prepare it we wash, scrape and put it in cold water, with lemon juice or vinegar in the water to keep it from discoloring.

Oyster Plant in Cream Sauce.

Prepare as above directed, and rest in the acidulated water. Cut in one-half-inch slices, cook in boiling water until soft, drain, and add to thin white sauce.

Oyster Plant Fritters.

Grate the oyster plant, using a little lemon juice on it as you grate to keep from discoloring. Season with salt and pepper, and moisten with egg to bind it. Shape in small flat cakes, dredge with flour, and sauté in hot butter. These are fine and not unlike an oyster in taste. Some boil the plants, then mash, but they are a much finer flavor made from the raw plants.

Parsnips.

Parsnips are not generally used on tables, but, if they are properly prepared, make a nice variety to the winter vegetable. They are a nice accompaniment to pork roast. They contain a large amount of woody fiber through the center, but this can be in a measure overcome by getting those that are young. To prepare them we wash, scrape and cut into pieces about one-fourth-inch thick lengthwise. Cook in boiling salted water until soft. Then they are ready to serve in the ways one may desire. If they are to be served with the pork roast, they are sprinkled with salt, pepper and a slight sprinkling of sugar. Place them in the pan with the roast, and baste with the fat.

Parsnip Fritters.

Wash them thoroughly and scrub with small vegetable-brush. Cook in boiling water until soft. Drain and place in cold water, when the skin will slip off easily as it does off the beet. Mash and remove as much of the woody substance as possible. Season with butter, salt and pepper, a little sugar, and shape into fritters, and brown in equal parts of butter and lard.

Sweet Peppers.

It might be said that this is "an age of peppers." They are used in every way possible, as an additional flavor as well as for garnishing. They appear on all dishes that are planked, in the salads, potatoes, tomatoes and omelets. Of course, only the sweet ones are used. To prepare them, you cut a slice from the stem end of each pepper, and remove all the seeds. Wash

in cold water, drain, and they are ready for you to use in any way you may wish.

Stuffed Peppers—No. 1.

6 green peppers.
1 small onion, finely chopped.
2 tablespoons butter.
1 cup chicken (minced).
½ cup tomatoes (strained).
1 cup boiled rice.
2 tablespoons minced ham.
3 tablespoons buttered crumbs.
Salt and pepper to taste.

Cook onion in butter a few moments, add ham and minced chicken, and the rice and tomato. Thoroughly mix all the ingredients, and season to taste. Cool and fill the peppers that have been parboiled from eight to ten minutes. Cover the tops with buttered crumbs, and place in a casserole or baking-dish. Add three-fourths cup of stock or water, place in oven, cook for twenty minutes, and serve from dish in which they were cooked.

Stuffed Peppers—No. 2.

You can prepare same as above, and use three-fourths cup sauce, either brown or white, and one-half cup bread crumbs instead of the rice, and cold lamb or veal can be used instead of the chicken. Mushrooms are an addition to either of these recipes.

Spinach.

Spinach is one of the most wholesome of the greens, and some great writer (Curwen, I think) has said, "They are to the stomach what a new broom is to a dirty room." It is obtainable in our market the year round, but we find the best in the spring or early summer, grown outside. The flavor is finer and the color much prettier. It is principally potash, salts and water.

Boiled Spinach.

Remove roots and wilted leaves. Wash thoroughly in cold water, using two pans, lifting from one pan to the other, so as to free it from sand. You will find you will not get rid of the sand unless you lift each time to the second pan. Wash as long as you find sand in the pan. For young, tender spinach place in stewpan with one-half cup water and boil for twenty minutes, or until tender. The old spinach requires one quart water, and longer cooking, with salt in the water. As soon as tender, drain thoroughly, chop fine, and season with butter, salt and pepper. Place on serving-dish, and garnish with hard-boiled egg cut into slices or quartered. Spinach cooked in plenty of water is greener than that cooked in its own juices, but is not so highly flavored.

Spinach Purée.

Pick over and wash one-half peck spinach. Cook in plenty of boiling salted water until tender. One and one-half teaspoons soda added to the water while cooking improves the color (and have the vessel uncovered always in cooking spinach). Drain, chop fine, and rub through purée sieve. Reheat, and season with three tablespoons of butter, one tablespoon flour, one teaspoon sugar, one-half cup thick cream. Garnish with hard-boiled egg and croûtons of fried bread.

Spinach à la Béchamel.

Prepare one-half peck spinach, boiled, and chopped very fine. Put two tablespoons butter into hot omelet-pan, with two tablespoons of flour. Turn in the spinach, and season with salt and pepper, and stir thor-

oughly and pour on gradually three-fourths cup thin cream. Garnish with egg yolks and white passed through potato ricer, and sprinkled over the top.

Pumpkin.

Pumpkin is either steamed or boiled to prepare, or it can be grated and used at once for pumpkin pie. In the South they stir into corn bread one cup of the cooked pumpkin, or one cup of the grated pumpkin could be used in the same way.

Tomatoes.

We have tomatoes the year round, but the best are those grown in the gardens that are obtainable from the middle of July, and are much better flavored than those grown in hot-houses and used for winter consumption. The price of the hot-house tomato is very high. Tomatoes are brought from the South as early as April 15th, and these have very good color, but are rather tasteless, for the reason they are picked green, packed into baskets and the baskets placed in crates. Each tomato is wrapped in thin paper, and in this way they are ripened. If, in the fall of the year before the frost comes, you will pull up tomato vines filled with well-developed green tomatoes, and hang them in a warm cellar, roots up, with as much earth as possible on the roots, the tomatoes will ripen and be very good. There is quite a variety of tomatoes to choose from during the summer. Some are much more solid, with less seed and more meat, than other varieties; these are the best to choose. The Acme is one of the choicest.

To Prepare Tomatoes.

Wipe, place in a wire basket, and cover with boiling water. Let them stand until the skin will be easy to remove; lift out and peel. Chill them, and they are ready to serve as sliced tomatoes by cutting them into slices one-third of an inch thick, and arrange in pretty form on a flat platter. Garnish with curly lettuce leaves, or you can cut the lettuce into ribbons, and border platter with it.

Stewed Tomatoes.

Wipe, pare, and cut into pieces. Stew for thirty minutes, being careful to stir frequently to keep the seeds from catching on the bottom of stewpan and burning. Season with butter, salt, pepper, sugar, and a few bread crumbs to thicken just slightly; flour can be used if liked better.

Stewed Tomatoes à la Spanish.

1 green pepper.
1 onion, cut fine.
2 tablespoons butter.
2 tablespoons flour.
1 quart pared tomatoes, cut into small pieces.
1 tablespoon sugar.
Dash cayenne.
Salt and white pepper.

Cook pepper and onion in the butter, add the flour and seasonings, then the tomatoes; cook until done; it will take about thirty minutes, stirring frequently. This is very nice to serve with meat or fish, and is fine to use for macaroni or spaghetti.

Scalloped Tomatoes.

If fresh tomatoes are used, prepare in the usual way, and slice in rather thick slices. Put in a well-buttered bake-dish a layer of buttered cracker crumbs, then a

layer of sliced tomato, sprinkled with salt, pepper and sugar, then a second layer of cracker crumbs, then tomatoes seasoned, finishing with buttered crumbs. Cook in hot oven for thirty minutes. If canned tomatoes are used, drain them on colander to free them from some of their juice, and proceed the same as above.

Fried Tomatoes.

Wipe, leaving on the skin; remove a thin slice from top and bottom, and cut into one-half-inch slices. Season with salt and pepper, dip into fine bread crumbs, and sauté in hot butter. Lift up carefully with broad-bladed knife, place on serving-dish, and sprinkle slightly with powdered sugar.

Broiled Tomatoes.

Prepare same as above, and dip into crumbs, then in eggs, and back into the crumbs. Place on well-buttered broiler, and broil until browned on both sides. It will take three or four minutes to each side. These are nice breakfast dishes, and are used to garnish meat and fish dishes.

Stuffed Tomatoes.

Use six nice, firm tomatoes; pare, remove seeds and pulps, sprinkle with salt, invert and let them rest on plate for half-hour. Cook two tablespoons butter with one finely chopped onion for five minutes. Add three-fourths cup finely chopped cold chicken, veal or lamb, three-fourths cup stale bread crumbs, and tomato pulp freed from the seeds. Mix all together and season with salt, pepper, one tablespoon sugar and a little cayenne. Cook all for about five minutes, then add one egg slightly beaten, and refill the tomato cups with the mixture. Place in well-buttered pan, sprinkle with but-

tered crumbs, and bake in oven for thirty minutes. Keep heat low enough so the crumbs brown, but do not burn.

Deviled Tomatoes.

4 tomatoes.	1 teaspoon mustard.
3 tablespoons butter.	¼ teaspoon salt.
3 teaspoons powdered sugar.	1 egg.
Yolk one hard-boiled egg.	Flour.
2 tablespoons vinegar.	Salt, pepper and cayenne.

Peel and cut tomatoes in slices, sprinkle with salt and pepper, dredge with flour, and sauté in hot butter. Remove them to hot platter, and pour over them the dressing made by creaming the butter and adding the dry ingredients, and the cooked egg rubbed to a paste, the egg slightly beaten and the vinegar. Cook over hot water until it thickens, pour over tomatoes, and serve.

Tomato Toast.

Press one pint of prepared tomatoes through a sieve fine enough to catch the seeds. Place in saucepan, heat, and season with one tablespoon butter, one-half tablespoon sugar, salt and white pepper to taste. Make six pieces of toast, brown on both sides. Butter, place on hot platter. Just as you are ready to serve, add one cup of sweet cream to the tomatoes, and pour over the toast.

Shrimp in Tomato Cups.

Prepare tomatoes same as for stuffed tomatoes. Have shrimp prepared and seasoned with butter, salt and pepper. The shrimp can be broken or left whole, according to taste. Mix with them a little of the pulp chopped fine, and refill the cups, place in a casserole, and bake twenty minutes in oven.

CHAPTER XVIII.

ENTRÉES.

ENTRÉES are dishes served between any of the regular courses. They are the croquettes, timbales, fritters, etc.

Chicken Croquettes.

2 cups chopped chicken.	1 teaspoon parsley (minced).
1 teaspoon lemon juice.	1 teaspoon minced celery.
½ teaspoon onion juice.	A few grains cayenne.
1 cup thick white sauce.	Salt and white pepper.

Add seasonings to chicken and chicken to sauce. Thoroughly mix and spread on pan to cool. Shape into croquettes. Crumb, egg and crumb again. Fry in deep fat, and drain on paper. Serve on hot platter on fringed napkin.

Chicken and Mushroom Croquettes.

Prepare same as chicken croquettes, using one and one-half cups chopped chicken meat and one-half cup chopped mushrooms. In preparing the meat and mushrooms for croquettes, it is nicer to use a pair of scissors and cut in fine bits instead of chopping.

Chicken and Sweetbread Croquettes.

1 cup minced sweetbreads.	½ cup nut meats, cut fine.
1 cup minced chicken.	1 teaspoon lemon juice.
1 cup thick white sauce.	1 teaspoon minced parsley.
1 teaspoon onion juice.	Salt, pepper and paprika.

Prepare same as chicken croquettes. Mix all ingredients well together, cool, shape, crumb, egg, and

crumb again, fry in deep fat and serve. Either walnut or pecan-nut meat can be used for these.

Sweetbread and Chicken Cutlets.

Use the sweetbread and chicken mixture, and shape into cutlets. Fry, drain, and with the point of a sharp knife insert into each a one-and-one-half-inch piece of macaroni to represent the cutlet bone. Serve with thin white sauce made with chicken stock instead of milk.

Cheese Croquettes.

2 tablespoons butter.
⅓ cup flour.
¾ cup milk.
Yolks 3 eggs.
1½ cups cream cheese, cut into cubes.
Cayenne (dash).
Salt and pepper to taste.

Make a thick white sauce of the milk, butter, flour and yolks of the eggs. Remove from fire and stir in the cubes of cheese. Cool, cut into strips or squares, dip into crumbs, egg, and crumb again. Fry in deep fat, drain and serve as a cheese entrée.

Chestnut Balls.

1 cup mashed French chestnuts.
3 tablespoons thick cream.
3 yolks of eggs.
1 tablespoon sugar.
¼ teaspoon vanilla.

Mix ingredients, shape into balls, crumb and egg; fry in deep fat, and drain.

Rice Croquettes.

½ cup rice.
1 cup boiling water.
1 cup milk.
1 tablespoon butter.
½ teaspoon salt.
Yolks 2 eggs.

Wash rice in three waters, rubbing well with the hands. Put on in the cup of boiling water. Cook un-

covered until the water is absorbed. Add milk and turn into double boiler. Cover and steam until rice is soft. Remove, add butter and yolks of eggs, cool, shape, crumb and egg; fry in deep fat, and drain. These are nice shaped like baskets, fried, and jelly or preserves served in them. Then they are used as a garnish for game or fowl.

Lamb or Veal Croquettes.

2 cups cold veal or lamb, cut into cubes.
1 cup thick white sauce.
1 yolk of egg.
1 teaspoon minced celery.
A little onion juice.
1 teaspoon lemon juice.
1 hard-boiled yolk of egg.
1 teaspoon minced parsley.
Salt, pepper and cayenne to taste.

Mix meat with the seasonings, and add the cooked yolk of egg mashed very fine. Turn into the cup of white sauce, and add the uncooked yolk slightly beaten. The cup of sauce may be made with white stock from the veal instead of milk. These are shaped, crumbed, egged and crumbed again, and fried in deep fat, then drained on paper and served with tomato sauce highly seasoned.

Salmon Croquettes.

Two cups flaked salmon, one cup thick white sauce, seasoned with one teaspoon lemon juice, dash of cayenne, and salt to taste. Add sauce to salmon, then the seasonings. Spread on plate to cool, shape, crumb, egg, and crumb again; fry in deep fat, drain and serve. Tomato sauce, seasoned with onion and green sweet-peppers, is nice served with these croquettes.

Lobster Croquettes.

Two cups lobster meat cut fine, one cup thick white sauce, one-fourth teaspoon mustard, one teaspoon lemon juice, dash of cayenne, salt, and a little white pepper. Add seasonings to lobster, then add the white sauce. Cool, shape, crumb, egg, and crumb again.

The above mixture can be formed into cutlets, crumbed, egged and fried. Insert a tip from the end of the small claw into each cutlet, stack round a mound of parsley or cress, and serve with Tartare sauce.

Oyster Croquettes.

Clean and scald one pint of oysters in their own liquor, drain thoroughly, remove the tough part, and cut soft part into pieces. Make a thick sauce, using one-half cup of the oyster liquor instead of milk, and one-half cup thick cream, yolk of one egg, and season with lemon juice, salt, pepper and paprika. A half cup of boiled macaroni or half cup of small mushrooms cut fine can be added to the oyster meat before adding the sauce. Cool, shape, crumb, egg, and crumb again. Fry in deep fat, and drain.

Swedish Timbale Batter.

¾ cup flour.
1 teaspoon sugar.
1 tablespoon salad oil.
½ cup milk.
1 egg.
¼ teaspoon salt.

Mix dry ingredients, add milk slowly and beaten egg, then the olive oil. Use care that there are no lumps, and strain if there are lumps. Let it stand for a short time, and shape with timbale iron. Heat fat until hot enough to fry uncooked food. Put iron into hot fat, deep enough to more than cover it, and let it remain until iron is hot. Lift it from the hot

fat and allow it to drip an instant, then lower it into batter three-fourths its depth. The batter will adhere to the hot iron. Immerse in the hot fat and fry to a golden brown, then drain on paper. The timbale cup will drop easily from the iron as soon as cooked. As soon as you find it leaving the iron, turn the iron on the side to keep it from falling off. These little cups are nice for creamed chicken, oyster, fish, meats, or for a fruit course at the beginning of the meal. The Fontage and Rosetta irons are used in the same way. They answer the same purpose as the patty shell, and are much less trouble to get ready if time is short in which we have to make ready.

Lobster Timbale.

Sprinkle buttered small individual timbale moulds with lobster coral rubbed through a strainer. Line the mould with fish force-meat. Fill center with creamed lobster and cover with force-meat. Place in pan on folded paper. Half surround with hot water, cover with buttered paper, and cook for twenty-five minutes in a moderate oven. Unmould and serve with Béchamel sauce.

Chicken Timbale.

Use breast and second joints of large chicken that will weigh three and one-half or four pounds, four eggs, and one and one-half cups thick cream. Grind chicken in meat-grinder, beat the eggs, and add one at a time, stirring until the mixture is thoroughly smooth. Add the cream, which must be very thick. Season with salt, pepper and paprika. Turn into buttered timbale mould, and bake same as lobster timbale. Serve with Alamanda.

Timbales are made with rice spaghetti, macaroni, etc. In using the macaroni and spaghetti, you line the mould with them, first boiling until tender, then arrange them either in lengths or by coiling them round the bottom and sides of the moulds, and fill them with either chicken or fish force-meat. They are all cooked in the same way, and served with some nice fish or meat sauce.

Fritters.

The fritters all come under the head of entrées, and are served between courses, with different flavored syrups and sauces.

Fritter Batter I.

1½ cups flour.
2 teaspoons baking-powder
⅔ cup milk.
1 egg.
¼ teaspoon salt.

Mix dry ingredients, add milk slowly, and then the egg unbeaten, and beat the whole mixture very hard to lighten the egg.

Fritter Batter for Vegetables II.

1 cup flour.
⅔ cup milk.
2 eggs, well beaten.
¼ teaspoon pepper.
½ teaspoon salt.

Mix dry ingredients, add milk slowly, then the egg beaten until very light.

Batter III.

1 cup flour.
¼ teaspoon salt.
⅔ cup milk.
2 eggs, whites and yolks beaten separately.
1 tablespoon olive oil.

Mix dry ingredients, add milk a little at a time, and beat rapidly to keep batter smooth. Add yolks beaten until lemon color and thick, and whites beaten stiff, then the olive oil.

Apple Fritters I.

Two tart apples pared, cored and cut into very thin slices, and stirred into batter I. Drop by spoonfuls into hot fat, and fry until a golden brown and the apples are tender. Drain on paper and serve with hot lemon sauce.

Apple Fritters II.

Core, pare, and cut apples into one-quarter-inch slices, sprinkle with sugar and lemon juice, and rest them for half an hour. Drain and dip into batter I., and fry in hot fat. Drain, arrange on hot platter, and serve with hard sauce flavored with orange.

Orange Fritters.

Peel two oranges and separate into sections, using care to remove all the white outer covering. With a pointed knife remove the seeds. Dip the sections in batter, fry, and serve with wine sauce.

Banana Fritters.

3 bananas.
¼ cup powdered sugar.
1 tablespoon lemon juice.
3 tablespoons sherry wine.

Batter I.

Remove the skins, scrape all the astringent part from the outside, mash very fine, and add sugar, wine and lemon juice. Fry in deep fat, drain, and serve with hot lemon sauce.

Fruit Fritters.

Fresh pears, apricots and peaches can all be used for fritters, by cutting them in slices or in round shape as the fancy may suggest, and the same batter will answer in any case. Fruit fritters are always served

with a sauce that goes nicely with the kind of fruit the fritter is made from. Wine can be used in any fritter sauce.

Cauliflower Fritters.

Use cold boiled cauliflower, seasoned with salt and pepper and paprika, broken in nice-sized pieces to serve, and dipped in batter II. Fry in deep fat and drain on paper.

Tomato Fritters.

3½ cups tomatoes.
2 tablespoons sugar.
Dash cayenne.
1 teaspoon salt.
1 onion, with 2 cloves stuck in it.
1 tablespoon raw ham.
¼ cup butter.
½ cup cornstarch.

Cook tomato, onion, cloves, ham and sugar together in stewpan for fifteen minutes. Rub through a sieve and add seasonings. Melt butter, add cornstarch, and heat; add tomatoes slowly, cook a few moments, remove from fire, and add a slightly beaten egg. Turn into buttered shallow tin pan and cool. When firm, turn on board, and cut into squares, strips or diamonds. Roll in crumbs, egg, and crumb again. Fry in deep hot fat, drain, and serve very hot. These are delicious.

Clam Fritters.

Use one pint of clams, two eggs, one and one-third cups flour, two teaspoons baking-powder, pepper and salt. Add baking-powder, salt and pepper to flour, then beat the eggs until very light without separating. Pour milk slowly on dry ingredients, beat until smooth, fold in egg, then add clams that have been drained of their liquor and chopped. Drop by spoonfuls into hot fat, and fry. Drain on paper, and serve soon as cooked. Garnish with fried parsley.

Deviled Oysters.

Use one pint oysters, two tablespoons butter, two tablespoons flour, three-fourths cup milk or white stock, yolks two eggs, one tablespoon finely minced parsley, one teaspoon grated horseradish, one teaspoon lemon juice, a little cayenne. Wash, drain and slightly chop oysters. Make the sauce with the butter, flour, milk (or stock), and add eggs, seasonings and oysters. Arrange in scallop shells, cover with buttered crumbs and bake in hot oven fifteen minutes. or until the crumbs are well browned, then serve.

Deviled Crabs.

Use one cup chopped crab meat, one-half cup finely chopped mushrooms, two tablespoons butter, two tablespoons flour, one cup white stock, yolks two eggs. Season with salt, pepper, paprika and parsley, and one-fourth cup sherry wine. Make sauce with butter, flour and stock, add yolks of eggs and seasonings, then the crab meat and mushrooms. Fill crab shells rounding full, cover with buttered crumbs, and bake until crumbs are brown.

Shad Roe, Tartar Sauce.

Clean shad roe, and cook in boiling salted water, with a tablespoon of lemon juice added, for twenty minutes. Plunge into cold water, drain, and remove all membrane and split in halves, brown in hot butter on both sides, and serve with Tartar sauce. This is much esteemed as an entrée.

Sweetbreads à la Spanish.

For six Spanish peppers use one pair of sweetbreads, parboiled and cut into small pieces; two table-

spoons butter, two tablespoons flour, one cup chicken stock, one and one-half cups mushrooms cut into small pieces, one-third cup thick cream. Make sauce with the butter, flour and stock, add the cream, and season with salt, pepper and paprika. Cut a slice from the stem end of peppers, remove seeds, and parboil in salted water for fifteen minutes. Cool, fill and cover with buttered crumbs. Place in buttered baking-dish or casserole. Pour around them a stock or sauce made with one tablespoon flour, one tablespoon butter, one cup chicken stock, one-third cup thick cream; season with salt, pepper and a little onion juice. Bake until crumbs are well browned. Serve the sauce that is round them with each service of the peppers. This is a fine dish.

Fillets of Chicken.

Use fillets of two chickens, sprinkle with salt, dip in thick cream, roll in flour, and fry to a golden brown in hot lard. Place in a pan, and bake for eight or ten minutes. Serve on a mound of boiled and seasoned rice, with a thin white sauce. Garnish with parsley.

Cheese Fondue.

1 cup soft bread crumbs.
1 cup scalded milk.
⅓ pound cheese cut in small pieces.
Yolks 3 eggs.
Whites 3 eggs.
1 tablespoon butter.
2 pinches salt.

Mix milk, bread crumbs, cheese, butter and salt; add yolks beaten until thick and lemon color. Fold in whites beaten stiff. Bake in moderate oven in buttered baking-dish for twenty minutes.

Ramequins Soufflés.

Make same as cheese soufflé, and bake in ramequin dishes.

Cheese Soufflés.

½ cup scalded milk.
2 tablespoons butter.
2 tablespoons flour.
1 cup grated cheese.
Yolks 3 eggs.
Whites 3 eggs.
Salt and cayenne.

Melt butter, add flour, and slowly the scalded milk, then the seasonings and cheese. Remove from fire, and add yolks beaten until thick. Cool and fold in the whites beaten until stiff. Pour in buttered dish, and bake twenty minutes in slow oven.

Patties.

Patty shells are filled with crèamed sweetbreads, oysters, chicken and mushrooms; oysters and mushrooms in white or brown sauce. These are all served in patty shell as a course at luncheon or dinner. They are arranged prettily on a fringed napkin, and garnished with cress, parsley, etc.

Quail Pie.

Remove the breast and legs from six quails. Season with salt and pepper, dredge with flour, and sauté in butter. To the butter in the pan add one stalk of celery, a sprig of parsley cut fine and a few peppercorns. Cook for five minutes. Put the backs of the birds in stewpan with the butter and celery, cover with cold water, and simmer for one hour. Drain from bones and celery, and make a sauce for the pie by thickening with flour and butter rubbed together. Season with salt and pepper and a little white wine. Allow one bird

for each person. Pour over the bird the sauce, and cover with a rich plain paste made with half butter and half lard. Bake to a crisp golden brown in oven. Serve with currant or cranberry jelly.

Aspic Jelly.

Aspic jelly is always made with meat stock, and is used for elaborate entrées where fish, chicken, game, tongue, vegetables, etc., are combined in it, and served unmoulded.

Rule for Aspic.

1 tablespoon each of carrot, onion and celery.
Sprig parsley.
Sprig thyme.
½ a bayleaf.
1 clove.
½ teaspoon peppercorns.
1½ cups white wine.
1 box gelatine.
1 quart white or brown stock.
Juice 1 lemon.
Whites 2 eggs.

Put vegetables, seasonings, and one cup of the wine in saucepan. Cook for seven or eight minutes and strain. Add gelatine and lemon juice to stock. Heat to boiling-point, add liquor from the cooked vegetables, and set aside to cool. When cool enough, add the beaten whites of the two eggs diluted with some of the cooled stock. Stir eggs into the mixture and bring slowly to the boiling-point, then rest it on back of stove for ten minutes. Strain through cheesecloth placed over a fine strainer. Add remaining one-half cup of wine, and aspic is ready to use for moulding anything you desire.

Tongue in Aspic.

Use cooked tongue that has been skinned, roots removed and shaped by placing skewer in the end, which you remove when it is cool and you find the shape will

not change. Place a pan that best suits the shape of the tongue in ice-water, cover bottom with brown aspic, and when firm decorate with cooked carrot, turnip, beets, egg whites, lemon, parsley, or anything you like—one or two of either, or as much variety as you choose. Place them in and cover again with aspic, adding a little at a time with a spoon so as not to disarrange your vegetables. When the last addition becomes set, you place the tongue, and add slowly the remaining aspic. Chill thoroughly, turn on serving-dish, and decorate with parsley and slices of lemon.

Tomatoes, stuffed olives, bird fruit and nuts, chickens boned, hard-boiled eggs, etc., are all served in aspic jelly. The decoration should always be in harmony with what is used.

Salmon Moulded with Cucumber Sauce.

1 can salmon steak.
1 tablespoon sugar.
1 teaspoon mustard.
½ tablespoon flour.
A little cayenne.
Yolks 2 eggs.
1 tablespoon melted butter.
¾ cup cream.
¼ cup vinegar.
2 tablespoons cold water.
1 tablespoon granulated gelatine.

Soak gelatine in the cold water. Mix dry ingredients, and add egg yolks, vinegar and cream. Cook in double boiler until it is thick, stirring constantly. Add to the salmon that has been removed from the can, rinsed in hot water and broken into flakes. Fill individual moulds and serve with cucumber sauce. It must be thoroughly chilled.

Cucumber Sauce.

Beat one cup of double cream until stiff and firm. Season with salt and a little white pepper. Add gradu-

ally two tablespoons of lemon juice and one large or two small cucumbers, cut the long ways and seeds removed, chopped and drained. This is a fine fish course for a hot day.

Birds in Aspic.

Clean, bone, stuff and truss birds. Steam over the body bones or roast; steaming over the bones is the best way. Put a mould in pan of ice-water, and cover bottom of pan with aspic. When firm, garnish with truffles, egg custard sliced thick, and cut into fancy shapes. Arrange in any design you fancy. Add aspic by spoonfuls that they may not be displaced. When the mixture is set to the depth of one inch, place in the birds breasts down. Should you wish to decorate sides of mould, dip pieces in the jelly and they will stick to the sides of pan. Add remaining mixture gradually.

Egg Custard.

Beat yolks of two eggs slightly, and add one-fourth cup milk and a few grains of salt. Strain into a small buttered mould and place in boiling water until the custard is firm. Beat whites slightly; cook the same way until firm. Turn from mould and cut into fancy shape, and use to decorate dishes in aspic. A great many nuts are used for aspic dishes, and are a great addition as well as nutritious.

Creamed Lobster.

1½ cups chopped lobster meat.
1 tablespoon butter.
1 tablespoon flour.
1 teaspoon salt.
¼ teaspoon paprika.
2 eggs, whites and yolks beaten separately.
¾ cup thin cream.
1 teaspoon lemon juice.

Make sauce with butter, flour, seasonings and cream. Add yolks of eggs and lobster meat, and stir well, then fold in the beaten whites. Fill buttered moulds three-fourths full, set in pan of hot water with a piece of folded paper under the moulds, and cover with buttered paper. Place in oven and cook until firm. Serve with lobster sauce.

CHAPTER XIX.

NUTS.

NUTS have grown in popularity as their food value becomes better understood. They should frequently appear upon the table of every home, for they are both nutritious and wholesome. The almond, walnut, hickory-nut, pecan, chestnut and peanut are all desirable for home consumption. They are used in salads, sauces, candies, custard, cream, ice-cream, gelatines, etc.

Chestnuts.

TO SHELL.

Put a teaspoon of butter into a frying-pan, and when melted turn in two or three cups of chestnuts which have been cross-cut on the flat side. Shake the pan to butter the chestnuts, and place in the oven for five minutes. When taken out the shell and brown skin should be easily removed. Use a small vegetable-knife to prepare them.

Boiled Chestnuts.

Remove the shells, and cook in boiling water for ten minutes. Skim them out, and the brown skin should come off easily. They can again be placed in the boiling water and cooked until tender when pierced with a fork or skewer; they can then be served whole or mashed. They are seasoned with butter, salt, pepper, and cream if desired. They are also added to stuffing for chicken, turkey and veal.

To Blanch Almonds.

Remove shells, pour boiling water over them, and allow them to stand for a short time. Pour off hot water and add cold, when the skins should rub off easily.

Roasted Almonds.

Spread blanched almonds on a tin and place in oven, and brown to a light golden brown.

Salted Almonds.

Blanch one-fourth pound of Jordan almonds, dry them on a towel, add one tablespoon of good olive oil, and stir well that each almond is coated with the oil. Place in oven and brown to a golden brown. Remove to brown paper and shake salt on them, and stir until all are salted. If too salt, wipe them on napkin to remove some of the salt.

Salted Peanuts.

Buy the peanuts that have not been roasted. Remove skins and prepare same as almonds.

Salted Pecans.

The best way to buy them is to procure those that are removed from the shell, as they are hard to shell without breaking. Prepare them same as almonds, using care not to leave them in the oven too long. As they have the brown skin, it will be harder to tell when they are done. The best way is to taste one.

Peanut Butter.

Shell and remove inner brown skin of roasted peanuts; grind in the meat-chopper, using the finest cutter,

then rub to paste in bowl and wooden pestle. Add enough butter gradually to make the peanut meat cling together. Season with salt and paprika, and pack in covered tumblers to use as needed. It is especially fine mixed with chopped figs for sandwiches.

Chestnut Preserves.

Cover blanched chestnuts with boiling water, and simmer slowly until tender; it will take from one and one-half to two hours. Weigh the nuts before cooking, and make syrup of sugar and water same in weight as nuts. Cook syrup until thick. Add nuts and cook for one and one-half hours. Strain out nuts, and reduce syrup. Place chestnuts in glass jars. Flavor syrup with vanilla, reduce until very thick, and pour over the nuts. This makes a very rich preserve, and is used in pudding sauces. pudding, etc.

Chestnut Cup.

Use one tablespoon of preserved chestnuts cut into slices, with a little of the syrup in bottom of a sherbert glass. Put in a spoonful of vanilla ice-cream with whipped and flavored cream on top.

Nut Cutlets.

2 cups soft bread crumbs.
1 cup nut meat.
2 tablespoons butter.
2 tablespoons flour.
1 cup milk.
½ teaspoon salt.
¼ teaspoon pepper.
1 egg.
A little paprika.

Melt butter, add flour, salt and pepper, then the milk slowly. Stir until boiling, then remove from fire, add the beaten egg, stir until the egg is set, then add the nut meat and the fine crumbs. Mix thoroughly and

turn onto plate to cool. Shape into cutlets. Crumb and egg. Fry in deep, hot fat, drain on paper, and place a two-inch length of plain boiled macaroni in small end of each cutlet. Serve with tomato sauce. Pecan-nuts, walnuts or our native hickory-nuts may be used for these cutlets.

Nut Omelet.

¼ cup ground nuts.
3 eggs.
3 tablespoons water.
¼ teaspoon salt.
⅛ teaspoon paprika.
Butter size of walnut.

Beat eggs, after separating yolks, until lemon color and thick, and whites very stiff. Add salt, paprika and nut meat to yolks, and mix well, then fold in the whites, and in hot omelet-pan put the piece of butter, and with knife butter bottom and sides of pan. Turn in the eggs and spread on pan, and cook slowly, shaking so the omelet does not burn. When well set, fold and turn on hot platter. Garnish and serve at once.

CHAPTER XX.

EGGS.

EGGS are considered a typical food for both the sick and well, from the fact that they contain the elements required in the proportions necessary to support the body, but, on account of their food value being in such a concentrated form, it is always necessary to combine them with some carbonaceous food to give bulk in the stomach to produce the proper action to cause digestion. For this reason we serve potatoes and rice, or some food rich in starch. A pound of eggs (nine eggs) is considered the equivalent in nutritive value to a pound of meat or a pound of cheese. From this standpoint you can see that eggs can be used by the economist when they sell at twenty-five cents per dozen, as it is considered that seven eggs are all that is necessary for a day, combined with the starchy food. Eggs want to be strictly fresh for cooking, to have good results. Eggs, after the first twenty-four hours, deteriorate. Owing to the shell being porous, the water passes off through the pores, air rushes in to replace the vacuum, and this will soon produce decomposition. In the white of the egg albumen is found in its purest form. Eggs always want to be cooked at a low degree of heat, for the reason that albumen will coagulate at a temperature of from 135° to 160° F., and, if cooked too quickly, they become tough and hard to digest. In the composition of the egg we find:

Proteid, 14.9%.	Mineral matter, 1%.
Fat, 10.6%.	Water, 73.5%.

Boiled Eggs.

This is the simplest form of cooking the egg. Have a saucepan of boiling water, and lower the egg into the water with a spoon so as not to crack the shell. Remove the saucepan to back of stove where they keep hot, but do not boil. Cook for eight or ten minutes if liked soft, or thirty-five to forty if liked hard. If you want to use them to decorate where the whites are used, let them boil up for an instant and you can peel them without breaking the whites. In using hard-boiled eggs for making dishes, plunge them into cold water as soon as they are done, to keep the yolk from discoloring. To cook boiled eggs perfectly they want to be kept at a uniform temperature, about 175° F.

To Poach Eggs.

Use a shallow pan and fill full enough to have the water cover the eggs, allowing a teaspoon of salt to a quart of water and a teaspoon of lemon juice or vinegar, lemon juice preferred. When the water is boiling, stir it round and round, and drop the eggs in one at a time, breaking each one in a cup, using care not to disturb the membrane covering the yolks. Do not allow the water to boil, and as soon as there is a film over the top and whites are set, they are done. Remove them with a buttered skimmer, and slip onto a round of buttered toast and trim the white into shape. Let each person season eggs to suit their individual tastes. Eggs can be poached in egg-poacher or muffin rings if preferred. Butter them before dropping in the eggs.

Poached Eggs with Mushrooms.

Sauté slices of fresh mushrooms in butter, and place on toasted bread. Moisten all with some thick cream, arrange a poached egg on each mushroom, and serve with a cream sauce.

Eggs Poached in Tomato Sauce.

Poach eggs and arrange on hot platter without toast, and pour over all a highly seasoned tomato sauce.

Poached Eggs in Potato Shells.

Scrub and rinse six large potatoes of uniform size, and place in the oven to bake. As soon as they are soft cut slice from top, and with a spoon scoop out the inside and mash, and season as for mashed potato, adding the whites of two eggs beaten very light. Line the potato shells with mixture, leaving room in center of each shell for a dropped egg. Cover with the potato mixture and bake until brown. This is a dish with the proteid and carbonaceous food combined, and will serve nicely for tea or luncheon where no meat is served.

Scrambled Eggs.

For six eggs use two tablespoons of butter, six tablespoons of milk, and six pinches of salt. Break the eggs in a bowl, add the salt, but do not beat them. Put butter and milk into frying-pan, and as soon as the milk begins to bubble turn in the eggs, and with a spatula lift the eggs from bottom of pan as they set, allowing the uncooked egg to run to bottom of pan. As soon as all are set, but still creamy, turn onto hot platter and garnish with parsley. A border of chipped beef in cream is nice served with these eggs.

Eggs Poached in Milk.

Use half milk and half water. Butter the pan before pouring in the milk and water, then proceed same as for any poached egg. The milk keeps the egg white and also adds to nutritive value of the egg.

Shirred Eggs.

Butter an egg-shirrer and dust sides and bottom with cracker crumbs. Heat, break an egg in a cup, and slip into shirrer so as not to break yolk. Bake in moderate oven until white is firm. Sprinkle buttered crumbs on top if liked, and allow them to brown. It is well to rest the shirrer on pie-tin, to be more easily removed from oven when done.

Eggs and Ham on Toast.

Make rounds of toast, and on each round place a thin piece of cold boiled ham, and on top of each put a dropped egg. Serve with a sauce made of one cup of tomatoes strained, one cup of cream, one tablespoon of butter and two tablespoons of flour. This is fine.

Eggs (Waldorf Style).

Arrange poached eggs on round of buttered toast, with a sautéd mushroom cap on top of each egg. Surround with brown mushroom sauce.—*Miss Farmer.*

Scrambled à la Creole.

Make a cup and a half of tomatoes (without straining) into a thick sauce, seasoned with butter, onion, sugar, salt and cayenne. Scramble six eggs after rule for scrambled eggs. Turn onto hot platter and pour round the sauce. Garnish with parsley.

Scrambled Eggs with Anchovy.

Spread the thin toast with Anchovy paste, and arrange on the hot platter and cover with scrambled eggs.

Eggs à la Buckingham.

Prepare six pieces of toast dipped in thick cream for an instant. Arrange on platter and cover with scrambled eggs, having the egg quite soft. Sprinkle over all one cup of grated cream cheese. Place in oven to melt the cheese, and finish cooking the eggs.

Buttered Eggs.

Put tablespoonful of butter into hot omelet-pan, and brown as many eggs as you wish, adding butter as you need it; turn eggs while cooking. Use care not to have too much butter.

Buttered Eggs with Fried Tomatoes.

Cut tomatoes in slices for frying, sprinkle with salt and pepper, and sauté in butter. Place on hot dish with a well-shaped buttered egg on each slice of tomato.

Eggs Shirred in Batter.

Make batter with two tablespoons thick cream, two tablespoons stale bread crumbs, and pinch of salt. Mix cream, crumbs and salt. Put part of the mixture in bottom of buttered shirring-dish, slip in the egg, and put remaining mixture on top, using care in spreading it not to disturb yolk.

Eggs au Gratin.

Arrange poached eggs on a shallow buttered baking-dish, sprinkle with grated cheese, and pour over all

a Béchamel sauce. Cover with stale buttered crumbs, and sprinkle again with cheese. Brown in oven.

Fried Eggs.

Fried eggs are cooked without turning, either in hot lard, butter or fat from bacon or ham. In using the meat fats, in either case when the meat is cooked pour off the fat, rinse out the brown sediment from the bottom of pan, returning the fat, and breaking the egg in cup and slipping in as soon as the fat is hot.

Scalloped Eggs.

Use four hard-boiled eggs, one cup thin white sauce, one cup minced cold meat, and one cup buttered crumbs. Chop egg finely. Sprinkle bottom of buttered bake-dish with crumbs. Cover with half the eggs, the eggs with the sauce, sauce with the meat, and repeat. Cover top with the remaining crumbs, place in oven, and cook long enough to brown the crumbs.

Curried Egg.

6 hard-boiled eggs.	½ tablespoon minced onion.
2 tablespoons butter.	½ teaspoon salt.
2 tablespoons flour.	¼ teaspoon paprika.
1 cup milk.	1 teaspoon curry powder.

Mix curry, flour and seasonings. Cook onion a few moments in butter, add flour and seasonings, then the milk slowly. Cook a few moments, and add the eggs cut into quarters; reheat, and serve with rice border.

"Planked Eggs."

One cup cold cooked corned beef or tongue, and equal quantity of fine bread crumbs. Moisten with cream, and season with salt and pepper. Spread mix-

ture on plank and make nests, and border of duchess potatoes, using pastry-bag and rose tube. Put a poached egg in each nest, and put in oven to brown potatoes. Garnish with halves of broiled tomatoes and parsley.

Stuffed Eggs.

Use six hard-boiled eggs cut in halves crossways. Remove yolks and mash to a paste. (This can be best and quickest done by putting them through a potato-ricer.) Season with one-fourth cup grated cheese, one teaspoon lemon juice, one-half teaspoon mustard, salt and cayenne. Add enough oil or melted butter to make the mixture shape easily. Make balls size of original yolks and refill each white. These can be served arranged on serving-dish with a thin white sauce poured round and reheated, or served cold on a bed of parsley or watercress, or wrapped in paraffin paper and used for lunch or picnics.

Eggs in Ramequins.

5 hard-boiled eggs.	½ cup milk.
1½ tablespoons butter.	½ cup grated cheese.
1½ tablespoons flour.	Salt and cayenne.
½ cup white stock.	1 cup buttered crumbs.

Chop eggs finely and mix with salt and cayenne. Make a sauce with butter, flour, stock and milk. Add chopped eggs. Fill buttered ramequin dishes, sprinkle with cheese and buttered crumbs. Cook in moderate oven until crumbs are browned.

Eggs with Chicken.

Cut hard-boiled eggs lengthwise. Remove yolks, and lay whites aside in pairs. Mash yolks to a smooth paste, and add equal amount of the minced chicken.

Moisten all with a Mayonnaise dressing. Fill whites, using one piece for a cover; press together closely. Use as a salad.

Egg Soufflé.

2 tablespoons butter.
2 tablespoons flour.
1 cup cream.
1 cup milk.
5 eggs.
1 teaspoon salt.
Dash cayenne or ¼ teaspoon paprika.

Cream butter, add flour, and pour on gradually scalded milk and cream. Cook in double boiler five minutes, and add yolks of eggs beaten until thick and light in color. Remove from fire, add seasonings, and fold in the whites that have been beaten stiff and dry. Turn into individual moulds, set in pan of hot water, and bake in slow oven until firm. Serve with white sauce highly seasoned with paprika and onion juice.

OMELETS.

To be successful with egg omelets one wants to have an omelet-pan that is used for omelets only. Aluminum is the best for the purpose, but you want the heavy pan, so as to cook the omelet slowly and not burn.

Plain Omelet.

3 eggs.
3 pinches salt.
3 tablespoons water.
1 tablespoon butter.

Separate eggs, putting yolks in bowl and whites on platter. Add one pinch of the salt to the whites and two to the yolks. (A pinch of salt is what you take up between the thumb and forefinger.) Beat whites until stiff and dry, and yolks until lemon color. Add water to yolks, and beat it well in. Add whites, cutting and folding until well mixed with yolks. Have

omelet-pan hot and butter well sides and bottom. Turn in the mixture and spread evenly, and place on range where it will cook slowly. Shake and turn the pan that the omelet may brown evenly. When well puffed and browned on bottom, you can slip in the oven to cook the top. Fold and turn on a hot platter, and serve with broiled ham or bacon for a garnish, or with any kind of sauce you may think best. In serving with the bacon or ham, they are placed round the front of the omelet, and bunch of parsley or cress at back for a garnish.

Omelet à la Creole.

Make a plain omelet and fold in tomatoes cut into cubes, seasoned and drained until they are quite dry, using a cupful to an omelet, and garnish with sautéd slices of tomato, with a little sugar sprinkled on them.

Omelet à la Spanish.

Prepare a plain omelet and serve with Spanish sauce poured around it after it is folded and turned onto hot platter

Spanish Sauce.

Cook two tablespoons of butter, one onion and one sweet Spanish pepper cut fine until onion is a golden brown, then add two tablespoons of flour, one cup of unstrained tomatoes, and one-half cup of mushrooms cut fine. Season with salt, pepper, a little sugar and cayenne, and one tablespoon of capers. Cook until quite thick. The best way is to prepare the sauce before the omelet in order to serve the omelet quickly. "Remember the guest must always wait on the omelet, omelet never on the guest."

Cheese Omelet.

Prepare a plain omelet, and before folding sprinkle with one cup of grated cream or Parmesan cheese. Fold and serve quickly.

Omelet with Meats or Vegetables.

Prepare and cook plain omelet, and use any cold meat or fowl you may have on hand, or you can use pieces of asparagus, cauliflower, or cup of peas, that are cooked and left over. Also flaked fish mixed with a little cream and seasoned nicely, only using very thick cream or a little white sauce.

Nut Omelet, Caramel Sauce.

3 eggs, beaten separately.	Pinch of salt.
3 tablespoons caramel.	Vanilla to flavor.

Prepare same as plain omelet, using the caramel instead of the water to dilute the eggs. Put butter size of a walnut into hot omelet-pan, and cover bottom of pan with blanched and shredded almonds. Turn in mixture, cook, turn and fold. Serve with caramel sauce.

Caramel Sauce.

Pour cup of sugar into frying-pan and place on hot part of range. Stir and cook until melted to a light brown syrup. Add quickly three-fourths of a cup of hot water, and simmer for eight or ten minutes.

Omelet Confection.

Prepare same as plain omelet, only using a pinch of salt, and two tablespoons of powdered sugar. Spread with jelly made soft by warming just before you fold. After it is turned on the omelet plate, sprinkle with powdered sugar and pour on one-fourth cup of rum, light, and send to table as it burns.

CHAPTER XXI.

PASTRY.

IN serving pastry at our table great care wants to be taken in the preparation of it that it be light, flaky and tender.

To the pastry belongs the puff paste and the plain paste. The making of puff paste is looked upon as a great task, and is rarely attempted by the amateur, but when made at home of the best creamery butter there is no doubt about the quality and digestibility of the paste, and as soon as one gets the method in hand she no longer looks upon it as such a great task. To be successful, one has to be a rapid worker with a light touch. It must be made in a cold room.

For making pastry, one wants pastry flour and well-chilled shortening. If butter is used, it wants to be the best; if lard, only the leaf, kettle-rendered will give good results. The lightness depends upon the amount of cold air folded in as you roll and fold. This air coming in contact with the hot air of the oven expands and lightens the paste. While the flakiness depends upon the kind and amount of shortening you use, butter gives the best flavor, but the lard makes the tenderest crust, at much less expense. For puff paste we only use butter, and wash it to free it of salt and buttermilk. Butter, when properly prepared, is of a waxy consistency, and rolls easily into layers after it is folded into the dough.

Puff Paste.

1 pound flour. 1 pound butter.
Pinch of salt. Ice-water.

Wash butter and work it under the water in a soft linen napkin, changing the water once. Lift it out and pat until all the water has gone. Reserve two tablespoons and shape the other into an oblong piece and place on the block of ice. Chop the two tablespoons into the flour or rub in with the tips of fingers. Moisten to a dough soft enough to roll easily. Knead a few moments to make it elastic so it rolls and holds the butter in its fold. A good pastry-maker will not see the butter after she encloses it in the dough. Pat and roll the dough on the board to one-fourth of an inch in thickness; keep it a little wider than long, and the corners square. Place butter in center of square of dough, fold the sides each to center, and press them well together. Fold one end over and one end under the enclosed butter. Press edges firmly together to enclose as much air as possible. Turn half-way round cover, and let it stand for five minutes. Pat and roll again to one-fourth inch in thickness, keeping it longer than wide, and lifting often to be sure it is not sticking, each time dredging the board with flour. Fold from open end toward the center, making three layers. Rest again for five minutes. Continue this rolling and folding for four times, then fold from each end to center, making four folds. Press edges well together, and chill on tin placed between pans of crushed ice. When thoroughly chilled it is ready to be shaped into patty shell. Vol-au-vents or fancy shape to garnish with. It should be kept wrapped in paraffin paper and put in tin pail. Cover closely and

place in ice-box, using care not to spoil the layers you have rolled in, by doubling them. Mrs. Ewing is the best puff-paste maker ever on the American stage.

To Bake Puff Paste.

Puff paste requires great care in the baking. The oven must be hot, and the paste placed on a tin sheet covered with brown paper, and put in oven where it will get the most heat on the bottom to make it rise. When it has risen to its full height, add more fire and brown on top, being careful not to burn the bottom. It must have a hot oven if you want it to puff. In a hot oven it puffs and is flaky; in too cold an oven it spreads and is greasy. The temperature for baking patty shell wants to be about same as for baking-powder biscuits. Vol-au-vents require hot oven at first, then reduce to keep top from burning. The gas stove is the thing for this kind of cooking, for the reason that we can control the heat perfectly.

Patty Shells.

Roll paste to one-fourth inch thick, and shape with patty cutter, first dipping it in flour. Then with a small cutter remove a round from center of one-half the round. Brush the whole round with ice-water round the edges, and press the piece with the center removed on top. Press lightly. Place on a towel and chill between pans of crushed ice, until paste is very cold and stiff. Cover tin or iron sheet with brown paper, and place the patty shell on and bake in hot oven for twenty-five minutes. They should rise to their full height and begin to brown in fifteen minutes. The small rounds cut from centers of the ring can be baked

and used for patty cover. Should there be any soft dough in center of shells, lift it out carefully with pointed knife.

Vol-au-vents.

Roll puff paste to one-third of an inch thick. Mark an oval on the paste with cutter or mould for the purpose. Cut out with a sharp knife first dipped in flour. Brush near the edge with cold water, and put on a rim three-fourths of an inch wide. Press lightly, chill and bake in hot oven. The piece cut from center of the top should be rolled to one-fourth inch, shaped, baked and used for cover for vol-au-vent. To bake, place on sheet with paper beneath, and bake for three-quarters of an hour. The cover will be done first, and must be removed as soon as it is a good brown.

Flaky Paste.

2 cups flour.
½ teaspoon salt.
½ cup each lard and butter.
Ice-water.

Wash butter in napkin. Pat all water and buttermilk out by patting between the hands. Add salt to flour, and chop in lard with knife or one-bladed hash chopper. When it is chopped enough it will look like coarse cornmeal, then add water little at a time so as not to get it too soft. Toss on floured board, pat and roll to oblong shape, and fold in butter same as for puff paste. Fold to make the three layers turn half round, pat and roll, repeat for three or four times, and it is ready for use.

Plain Paste.

2 cups flour.
½ teaspoon salt.
¾ cup lard.
Cold water.

Chop in the lard, add water to make a paste that will roll easily, toss on floured board, pat and shape, and it is ready for use. It is always an improvement to paste to fold a few times and rest the paste, and cut with knife and keep paste in layers; it will be more flaky and light. Cut pieces from end, and shape with rolling-pin into pieces large enough to cover the pie-tin easily, as you should not stretch pie paste, but instead lift and let all air from under and fill into the pan as much as it will hold before trimming off the edges. Add the filling. Wet the edges, put on top, and press together with the fingers or a pastry-jagger made for the purpose. Some chefs use the best beef suet, rendered and mixed with lard for shortening.

Entire Wheat Paste for Salads.

1 cup of entire wheat flour.	½ cup butter.
½ cup white pastry flour.	¼ cup lard.
1 teaspoon salt.	Cold water.

Add salt to flour, and mix all well together. Chop in the lard and butter. Water to make a paste. Roll to one-fourth inch thick, cut into finger-shaped pieces, and brush with egg white and little water. Sprinkle with chopped nuts and serve with salad.

CHAPTER XXII.

PIES.

PASTE for pies should be rolled to one-fourth of an inch thick, always rolling the piece larger than the pan to allow for the shrinking in the baking. In dividing the paste allow more for the upper than the under crust. Perforate the upper crust that the steam may escape. The method is left to the taste of the cook. There is a funnel which we find on the market supposed to act as a flue to carry off the steam from the fruit pie that is so hard to keep from cooking over in the oven. Flat rims should be cut in strips from one-half to three-fourths of an inch wide, and the under crust be brushed with cold water before placing the rim on, and flute the rim with pastry-jagger or with the fingers. The pastry-jagger gives a very nice scalloped edge to the paste. When juicy fruits are used to fill the pie-tins it is hard to brown the under crust, and many remedies have been resorted to, such as brushing the inside of the crust with white of egg, etc., but the best way out of the difficulty is the baking of an under crust first, then filling with cooked and sweetened fruit. The best methods of cooking the under crust is to invert a pie-tin cover outside with the crust and bake; return to inside of the pie-tin, fill and place on top crust, and cook until top is nice and brown, or the fruit may be cooked and sweetened, and bake a top crust by cutting a piece of the paste a trifle larger than the tin and pricking with a fork. Place in oven

and bake to nice brown. Place the bottom crust on plate, fill and put on top crust. I simply suggest this as one of the methods they gave us in the school, but I myself prefer to have the fruit put in the pan uncooked, and cook and bake crust at same time. And I find, by having the heat strong to begin with to puff the paste, and lower as soon as the paste is well puffed before it begins to brown, that I can cook both paste and fruit together and have a better pie.

For baking pies I find there is nothing better than the aluminum pans. They bake better and burn less. The perforated pan will bake under crust better, and for this reason they are best, as pastry, to be healthy, wants to be well baked. In making a fruit pie, when the fruit is highly flavored use no additional flavor, but let each fruit give to the pie its own distinctive flavor.

Apple Pie.

3 good-sized tart apples.
⅔ cup sugar.
1 tablespoon butter.
Pinch of salt.
1 tablespoon flour or ½ tablespoon cornstarch.

Pare, core and cut the apples into very thin slices by first cutting them into quarters, then into slices as thin as possible. Mix sugar, cornstarch and salt, and stir into the sliced apples. Line pie-tin, put apples in and dot over with the butter, put on top crust, and bake as I have directed above. Should you use an apple that is lacking in flavor, cinnamon, nutmeg, grated rind and juice of lemon, or a little vanilla, can be used, but bear in mind nutmeg is a poison to some people, and is also very poignant, and a little will flavor a pie. One-fourth of a teaspoon will be enough.

Apple Custard.

Pare, core, cook and strain tart apples, having one and one-half cups of the strained apples. Add one-third cup sugar, yolks three eggs, and two tablespoons cream. Fill pie-tin with plain paste, add custard, place rim round edge one-half inch wide, and bake until a nice brown. With whites beaten until stiff and dry, using two tablespoons powdered sugar, make a meringue. Spread on pie, and place in slow oven until well puffed and a light brown.

Raisin Pie.

½ box cleaned raisins. 1 large, tart apple, chopped fine.
¾ cup sugar. ⅛ tablespoon salt.
1 tablespoon sherry or Madeira wine.

Line pan with good plain paste. Stew raisins for a few moments until soft. Remove from fire; add apples, sugar, salt, and wine to fill pie-tin; put on top crust and bake. This pie can be made with strips on top instead of top crust. It is fine.

Blueberry Pie.

2½ cups blueberries. ½ cup sugar.
½ tablespoon flour. ¼ teaspoon salt.
1 tablespoon butter.

Mix sugar, flour and salt, and add all to the berries. Stir until well mixed. Line pan, turn in fruit, put on the top and bake. A fruit pie will take thirty minutes to cook fruit and brown crust.

Cranberry Pie.

1½ cups cranberries. 1¼ cups sugar.
2 tablespoons cleaned raisins. ¼ teaspoon salt.
1 tablespoon flour.

Mix ingredients. Line and fill pie-tin, and bake, with strips of paste forming diamond instead of top crust.

Currant Pie.

1 cup currants.
1 cup sugar.
2 tablespoons flour.
Yolks 2 eggs.
2 tablespoons water.

Mix flour and sugar, the yolks of eggs diluted with the water and slightly beaten. Stem, wash and drain the currants before measuring. Add to the eggs, etc., fill pie-tin, and bake with one crust in slow oven.

Custard Pie.

1½ cups milk.
1 teaspoon flour.
3 tablespoons sugar.
¼ teaspoon salt.
2 eggs.

Beat eggs slightly; add sugar, milk and salt, and strain. Line pie-tin with good plain paste, put on one-half-inch rim, and flute. Pour in custard, flavoring with whatever you like—grated orange, lemon, vanilla or nutmeg. Bake in quick oven to puff rim, and reduce heat to set the custard. Remove from fire as soon as the custard is firm, or eggs and milk will separate.

Rhubarb Pie.

1½ cups rhubarb, sliced thin.
1 full cup sugar.
2 tablespoons flour.
¼ teaspoon salt.
1 egg.

Wash and wipe rhubarb, but do not remove the skin unless very tough. Cut into thin slices with the scissors. If it is the pink or strawberry variety, the skin will add a very nice color to the pie. Mix sugar, flour, salt and egg slightly beaten, then add rhubarb.

Stir all well together and turn into pie-tin lined with plain paste. Put on the top and bake; it will take half an hour.

Prune Pie.

½ pound prunes.
1 teaspoon butter.
1 tablespoon flour.
Juice half lemon.
½ cup sugar.

Wash prunes in several waters, and cover with clear, clean water. Soak overnight. Cook in same water in which they were soaked until tender. Remove the stones, chop fine, add the juice in which they were cooked, with the lemon juice and sugar. Add to a pie-tin lined and place on the top. Bake in moderate oven.

Lemon Pie.

Rind and juice 1 lemon.
1 tablespoon butter.
2 tablespoons flour.
1 cup sugar.
Yolks 3 eggs.
2 tablespoons cornstarch.
¾ cup boiling water.

Mix sugar, flour and cornstarch, add boiling water. Cook until thick, and add yolks, butter and grated rind and juice of the lemon. Line pie-tin same as for custard pie; turn in the filling. Bake until crust is well browned and filling set. Cool slightly; cover with meringue. Place in moderate oven to brown meringue.

Cream Pie I.

1½ cups milk.
3 tablespoons sugar.
2 tablespoons cornstarch.
2 tablespoons flour.
1 tablespoon butter.
¼ teaspoon salt.
1 teaspoon vanilla.
Yolks 2 eggs.

Mix flour, cornstarch and sugar; add to the slightly beaten yolks of eggs, and salt. Pour on the milk

heated to the scald; return all to double boiler, and cook for a few moments (about five minutes). Have crust baked, fill with the cream, cover with meringue made with whites of eggs and three tablespoons of powdered sugar, or cover with sweetened, flavored and whipped cream.

Cream Pie II.

Bake three crusts, and put the cream filling between and whipped cream on top. It will take one cup of whipped and flavored cream for the top. This pie must not be filled until just as you send it to the table, as the crusts become soft very quickly after they are filled.

Squash Pie.

1 cup steamed and strained squash.
½ cup sugar.
1 cup milk.
1¼ teaspoons each, cinnamon and ginger.
2 eggs.
Pinch salt.

Pumpkin Pie.

1 cup strained pumpkin.
⅔ cup sugar.
1½ cups milk.
½ cup cream.
½ teaspoon cinnamon.
½ teaspoon ginger.
2 eggs.
½ teaspoon salt.

Mix sugar, spices and salt. Add pumpkin, eggs beaten, milk and cream. Prepare and bake same as custard pie.

Peach Pie I.

Prepare peaches same as for apple pie, using three-fourths cup sugar to a pie. Cover and bake half an hour.

Peach Pie II.

Peel and cut freestone peaches in halves. Line pie-plate and place the halves in with cups turned up. Sprinkle with three-fourths cup sugar and a small piece of butter about as large as a pea in each half. Put rim on pie and bake without cover. Serve spread with whipped cream or ice-cream.

Cherry Pie.

1½ cups seeded cherries.
1 cup sugar.
¼ teaspoon salt.
1 tablespoon flour.
1 teaspoon butter.

Use uncooked cherries if in cherry season; if not, cherries that are canned without sugar. Use two crusts. Bake half an hour in moderate oven.

Mincemeat.

4 cups minced meat.
9 cups apples.
1½ cups suet, very fine.
4 cups white sugar.
3 pints sweet cider.
½ cup whisky.
½ cup sherry wine.
Juice 3 lemons.
Juice 3 oranges.
1 cup preserved cherries.
1 teaspoon white pepper.
½ teaspoon cloves.
4 teaspoons cinnamon.
1 teaspoon salt.
½ nutmeg.
½ pound citron.
3 pounds raisins.
1½ pounds currants.
1 cup preserved Damson plums.
1 cup almonds.

Cook the raisins, currants, citron, apples, suet and sugar together slowly for one and one-half hours, then add almonds, spices, fruit juice, cider, whisky and wine. Stir thoroughly, add meat, and stir again until all are blended, adding the preserves with the fruit juice.

Mince Pie.

Mince pies are always baked with two crusts, and for special occasions they are much more delicious if the top crust is made of puff paste. They are especially fine served with vanilla ice-cream spread on top.

Fresh tongue makes fine mincemeat. Mincemeat packed in jars will often need more cider added when you bake. Use boiled cider.

CHAPTER XXIII.

PASTRY DESSERTS.

"Though we eat little flesh and drink no wine, let's be merry. We'll have tea and toast, custard for supper, and endless hosts of syllabubs and jellies and mince pies, and other such ladylike luxuries."—*Shelley.*

Cheese Cakes.

1 cup sweet milk.
1 cup sour milk.
Yolks 4 eggs.
1 cup sugar.
Grated rind and juice 1 lemon.
¼ cup blanched and chopped almonds.
Pinch salt.

Scald in double boiler the sweet and sour milk. Strain through cheesecloth. To curd, add yolks of eggs slightly beaten, the sugar, lemon and salt. Line small patty tin with good paste. Fill with the mixture and sprinkle with chopped almonds. Bake until the mixture is firm to the touch.

Banbury Tarts.

1 cup sugar.
1½ cups raisins.
1 egg.
1 butter cracker.
Juice and rind of 1 orange.

Chop raisins, stir egg and sugar together, add rolled cracker, then orange juice and rind. Mix well with raisins. Roll pastry very thin. Cut into strips three and one-half inches long and three inches wide. Put into each piece two teaspoonfuls of the mixture. Moisten edges with cold water or lemon juice, and

fold over and press edges together with pastry jagger or fork. Bake twenty minutes in slow oven.

Puff Paste Cheese Straws.

Roll puff paste one-fourth inch thick, and sprinkle with grated cheese seasoned with salt and a little sprinkle of cayenne. Fold and press edges together, and pat and roll. Sprinkle again, pat and roll. Cut into strips five inches long and one-half inch wide. Bake until a nice brown. Parmesan cheese is the best for cheese stick, or you can use half Parmesan and half cream, or Edam, or pineapple. Cheese straws can be made from pieces of plain paste in the same way, but are not so good as the puff paste.

Cocoanut Cakes.

Use puff or plain paste. Roll to one-fourth inch in thickness, cut into strips about size of lady-fingers, and bake on buttered tin sheet in hot oven. When nearly done remove and slightly cool, and brush over with whites of eggs beaten, and sprinkle with shredded cocoanut. Return to oven and finish baking.

Meringues with Puff Paste.

Roll puff paste quite thin, and shape either round or in lengths eight inches long and five inches wide. Place on a sheet and moisten the edges with cold water, and put on half-inch rim. Prick several times with fork, and bake a nice brown in hot oven. Remove, cool and spread with preserves or jam. Cover with meringue, sprinkle with blanched and shredded almond, and shake over all powdered sugar. Brown in slow oven.

Tarts.

Roll puff paste quite thin, and cut into rounds with fluted cutter, and with a smaller fluted cutter remove centers from half the first rounds. Brush edges of whole round and place on the rings, pressing lightly. Chill until very stiff and cold, and place in hot oven and bake for fifteen minutes. Cool and fill with jam or jelly, or cooked raisins. These are very nice.

Peach Tarts with Brandy.

Roll plain paste, and cut into rounds. Fit on rim one-half inch wide, and bake in hot oven. Place in center of each one-half of stewed and sweetened peach drained and cup turned up, and sprinkled with powdered sugar and one tablespoon brandy in each peach cup; light and send to table. This can be made from canned peaches, but flavor is better when fresh ones are used.

Meringues.

Eggs for meringues should be thoroughly chilled, and beaten with a wire egg-beater until stiff and dry. Sweetened and flavored and piled on pies, puddings, or any dessert you wish to use them on, they can be smooth and evenly spread, or the pastry bag and tube can be used. In any case a meringue wants to bake in slow oven that it may rise to its full height and wall cells in eggs harden slowly to keep their shape. If taken from the oven too soon, the eggs will liquify and meringue drop, and if cooked too long, it will become tough.

Meringue I.

Whites 2 eggs.
2 tablespoons powdered sugar.
⅛ teaspoon cream of tartar, or ½ teaspoon lemon juice.
½ teaspoon vanilla.

Beat whites stiff, add sugar gradually and continue beating, then add flavoring. If cream of tartar is used, add it to the eggs when they begin to foam.

Meringue II.

Whites 4 eggs.
¾ cup sugar.
2 tablespoons lemon juice.

Put whites of eggs and sugar in bowl, and beat mixture until stiff enough to hold its shape. Add lemon juice a drop at a time, and continue beating. It will occupy half an hour to beat it sufficiently stiff to hold its shape, but is a delicious meringue when well made and baked.—*Miss Farmer.*

Meringue Kisses.

Whites 4 eggs.
1 cup granulated sugar.
1¼ cups powdered sugar.
1 teaspoon vanilla.

Beat whites until stiff, add gradually two-thirds of the sugar, and continue the beating until mixture will hold its shape. Add the remaining sugar and fold in lightly. Lastly, add the flavoring. Vanilla sugar is best to flavor with if you have it, as it will not evaporate with the heat of the oven. Shape with pastry bag or spoon on wet board covered with writing-paper. Cook thirty minutes in very slow oven. Remove from paper with broad knife and put together in pairs, or, if intended to fill with whipped cream or ice-cream, remove the soft part with spoon and return to oven to dry.

Nut Meringue.

Prepare same as meringue kisses. Add chopped nut meat—English walnuts, almonds or hickory-nuts. Shape by dropping from tip of spoon or with pastry-bag and tube. Sprinkle with nut meat and bake as directed above.

Meringues with Ice-cream.

Fill meringue kisses with ice-cream, and press two together and serve, or use one kiss filled with cream, and garnish with whipped cream beaten very stiff, flavored and forced through a pastry-bag and tube.

CHAPTER XXIV.

PUDDING SAUCES.

Lemon Sauce I.

1 cup sugar.
⅓ cup water.
1 tablespoon butter.
Juice ½ lemon.

Put sugar in saucepan, add water, and stir well. Put on fire and boil for six minutes; remove, add butter and lemon juice.

Lemon Liquid Sauce II.

⅔ cup sugar.
1½ cups boiling water.
2 tablespoons cornstarch.
⅓ cup butter.
2 tablespoons lemon juice.
Pinch salt.

Mix sugar, cornstarch and salt. Add the water gradually, stirring all the while. Boil five minutes, then add lemon juice and butter.

Vanilla Sauce.

Prepare same as Lemon Sauce II., flavoring with one teaspoon vanilla.

Cream Sauce.

1 cup thick cream.
½ cup thin cream.
½ cup powdered sugar.
1 teaspoon vanilla.

Mix and beat until stiff, and flavor.

Orange Sauce.

Whites 3 eggs.
1 cup powdered sugar.
Juice and grated rind 1 orange.
Juice 1 lemon.

Beat whites of eggs (just as you are ready to use the sauce) until very stiff, add the sugar slowly, and

continue the beating for a few moments. Flavor with juice and rind of orange and lemon.

Foamy Sauce.

1 cup powdered sugar.
½ cup butter.
1 egg.
¼ cup wine.
A few grains salt.

Cream butter, add sugar, egg well beaten, and lastly the wine slowly, continuing the beating. Heat over hot water, beating all the while.

Strawberry Sauce.

½ cup butter.
½ cup strawberries.
1 cup powdered sugar.
White 1 egg.

Cream butter, add sugar little at a time and the berries a few at a time, and beat so as to crush the berries well, then the white of the egg beaten until stiff.

Red Raspberry Sauce.

Prepare same as strawberry, using raspberries instead of strawberries.

Wine Sauce.

½ cup butter.
1 cup powdered sugar.
¼ cup sherry wine.
Grated rind of orange.

Cream butter, add sugar and wine slowly, beat until very light, pile on serving-dish, and sprinkle with the grated orange.

Hard Sauce.

½ cup butter.
1 cup powdered sugar.
1 tablespoon lemon juice, with a little of the grated rind or any fruit juice strained.

Cream butter, add the sugar and the fruit juice. Beat until very light, and pile on dish and place in ice-box to chill.

Brandy Sauce.

⅓ cup butter.
1 cup powdered sugar.
¼ cup brandy.
2 eggs.
1 tablespoon cornstarch.
1 cup boiling water.

Mix sugar and cornstarch. Cream butter, add sugar gradually, then the well-beaten yolks of eggs and the water. Cook until it thickens. Remove from fire and add the whites beaten until stiff, then the brandy. Keep hot, but do not boil any after the whites are added.

Caramel Sauce.

1 cup sugar.
¾ cup boiling water.

Put sugar in skillet and melt and stir until a golden brown, but not a moment longer. Add the water, and cook until a thick syrup; it will only take a few moments.

CHAPTER XXV.

HOT PUDDINGS.

Indian Pudding.

5 cups hot milk.
½ cup Indian meal.
1 teaspoon salt.
½ cup Orleans or Porto Rico molasses.
1 teaspoon ginger.

Pour the hot milk slowly on the meal, cook in double boiler twenty-five minutes, and add molasses, salt and ginger. Pour into buttered pudding-dish, and bake for two hours in slow oven. Care has to be taken to bake slowly. Serve with cream.

Rice Pudding.

1 quart milk.
½ cup rice.
½ teaspoon salt.
½ cup sugar.
Grated rind of ½ lemon.

Wash rice in three waters. Mix all the ingredients and pour into buttered pudding-dish. Bake in very slow oven for three hours. Stir three or four times during the first hour of baking to keep the rice from settling to the bottom of dish.

Apple Tapioca.

1 cup pearl tapioca.
2½ cups boiling water.
½ cup sugar.
4 tart apples.
2 tablespoons butter.
Cold water and salt.

Soak tapioca in cold water to cover for two hours. Drain, add the boiling water, and cook in double boiler until tapioca is transparent. Pare and core apples,

and cut into quarters, then into thin slices. Arrange in buttered pudding-dish. Sprinkle over the sugar and dot with butter; pour over all the transparent tapioca. Bake for one and one-half hours in slow oven. Serve with powdered sugar and cream. If the apples are lacking in flavor, a little grated lemon peel, cinnamon, or any flavor you like, can be used.

Peach Tapioca.

Use fresh peaches. Proceed same as for apple tapioca. Serve with cream.

Tapioca Custard.

4 cups scalded milk.
½ cup pearl tapioca.
4 eggs.
½ cup sugar.
1 teaspoon salt.
1 teaspoon vanilla.
Cold water.

Soak tapioca in cold water to cover for one and one-half hours. Drain, add to milk in double boiler, and cook thirty minutes. Beat eggs slightly, and add sugar and salt. Pour on some of the hot milk and stir, turn all into the double boiler, and cook until the mixture coats the spoon. Remove quickly from fire and turn out in bowl to cool. When ready to serve add vanilla.

Corn Pudding.

2 cups powdered popcorn.
3 cups milk.
3 eggs, slightly beaten.
½ cup brown sugar.
1 tablespoon butter.
1 teaspoon salt.

Scald milk, pour over corn, and let stand one hour. Add remaining ingredients. Turn into buttered dish and bake in slow oven until firm. Serve with cream or maple syrup.—*Miss Farmer.*

Scalloped Apples.

⅓ cup butter.
1 quart sliced apples.
⅓ cup sugar.
Grated rind and juice ½ lemon.
1 loaf stale bread.

Cut loaf in half lengthwise, remove all the center, and rub until crumbs are fine. Melt butter, add crumbs, and stir with fork. Spread the bottom of buttered dish with the crumbs, and pour in half the apples that have been pared and cut into thin slices. Sprinkle with half the sugar and the lemon juice and rind. Repeat, using the remainder of the crumbs on top. Bake in slow oven for forty-five minutes, with dish covered for the first half-hour. Serve with sugar and cream.

Cottage Pudding.

⅓ cup butter.
1 cup sugar.
2 eggs.
½ cup milk.
2 cups flour.
2 teaspoons baking-powder.
½ teaspoon salt.

Cream butter, add sugar gradually and eggs well beaten without separating flour and baking-powder alternately with the cup of milk. Turn in buttered cake-pan, and bake for half-hour. Serve with vanilla sauce.

Orange Puffs.

Make same as cottage pudding, and bake in muffin-tins. Serve with orange hard sauce.

Custard Soufflé.

3 tablespoons butter.
¼ cup flour.
1 cup scalded milk.
4 eggs.
⅓ cup sugar.

Melt butter, add flour, and gradually hot milk. When thickened, pour on yolks of egg beaten until

thick and light in color, mixed with the sugar. Cool, and fold in the whites beaten stiff and dry. Turn into buttered pudding-dish and bake in slow oven for thirty-five minutes. Serve at once with foamy sauce.

Chocolate Soufflé.

2 tablespoons butter.
2 tablespoons flour.
⅓ tablespoon sugar.
¾ cup milk.
2 squares Baker's chocolate.
3 tablespoons hot water.
3 eggs.
1 teaspoon vanilla.

Melt butter, add flour, and pour on gradually the hot milk. When the mixture reaches the boiling-point, draw to cooler part of the range. Melt chocolate over hot water, add sugar and water, and stir until smooth. Combine the mixture and add yolks beaten very light. Cool, fold in whites beaten stiff and dry, and flavor with the vanilla. Turn into well-buttered baking-dish, and bake in moderate oven for twenty-five minutes. Serve with cream sauce.

Raisin Roly-poly.

2 cups flour.
1 tablespoon butter.
1 tablespoon lard.
½ teaspoon salt.
4 level teaspoons baking-powder, or 2 rounded.
2 cups raisins, cleaned and seeded.
Milk to make a soft dough.

Mix dry ingredients, chop in lard and butter, and add milk gradually, mixing with knife. Toss on well-floured board; knead slightly, just enough to make the dough adhere. Divide into halves and roll one-third of an inch thick. Spread with the raisins that have been boiled for ten minutes to plump them; if there is any juice on them, drain it off, and roll up same as jelly roll. Place in buttered pan, and pour over one and one-half cups of cold water with two table-

spoons sugar stirred in it. Put in hot oven, and bake until it begins to brown, then lower the heat and cook slowly. It will require forty-five minutes in all. This roll can be made of apples, or any of the dried fruits, or with jam spread on. Fruits want to be always cooked and sweetened, except apples, and they can be chopped rather fine and sweetened. With the raisins I would serve orange hard sauce.

Rhubarb Dumplings.

2 cups flour.
1½ cups rhubarb, cut fine.
4 teaspoons baking-powder.
½ teaspoon salt.
1 tablespoon butter.
1 tablespoon lard.
Milk to make a soft dough.
1 cup sugar.

Mix dry ingredients; chop in lard and butter. Add milk gradually, making a very soft dough. Knead slightly and divide in eight equal parts, and roll and pat into rounds. Sprinkle the rhubarb with the cup of sugar, and add one tablespoonful to each round of dough; draw dough up round the fruit and pinch well to keep in fruit and juice. Place in well-buttered pan or pudding-dish, with smooth side up, adding one and one-half cups of water with two tablespoons of sugar dissolved in it. Place in hot oven and bake for forty-five minutes. Serve with lemon sauce.

Steamed Blueberry Pudding.

2 cups flour.
4 teaspoons baking-powder.
½ teaspoon salt.
2 tablespoons butter.
1 cup blueberries.
Milk to make a soft dough.

Mix dry ingredients, chop in butter, and add milk gradually with the blueberries that have been rolled in flour to keep them from settling to bottom. Turn into well-buttered mould, and steam for one and one-half hours. Serve with creamy sauce.

Chocolate Pudding.

¼ cup butter.
¾ cup sugar.
2 eggs.
1 cup milk.
2⅓ cups flour.
3 teaspoons baking-powder.
3 squares Baker's chocolate.
½ teaspoon salt.

Cream butter, add sugar gradually, and eggs well beaten. Mix baking-powder with flour and salt, and add alternately with milk to butter, sugar and eggs; then add melted chocolate. Turn all into well-buttered mould, and steam for two hours. Serve with whipped cream sauce.

Whipped Cream Sauce.

One cup thick cream whipped until stiff, sweetened with one-third cup of powdered sugar; add one teaspoon of vanilla.

Snowballs.

½ cup butter.
1 cup sugar.
½ cup milk.
2¼ cups flour.
3 teaspoons baking-powder.
Whites 4 eggs.

Cream butter, add sugar gradually, milk and flour mixed with baking-powder. Add whites beaten stiff. Turn into small buttered cups, and cover top of each cup with paraffin paper to keep steam from condensing in water on the tops of the balls. Place in steamer over boiling water and cook for forty minutes. Serve with whipped cream, flavored with crushed strawberries or with strawberry sauce.

Graham Pudding.

¼ cup butter.
1 cup Graham flour.
½ cup molasses.
½ cup milk.
2 eggs.
1 teaspoon salt.
½ teaspoon soda.
½ cup white flour.
1 cup cleaned and seeded raisins, cut into pieces.

Melt butter, add molasses, milk and eggs well beaten and dry ingredients mixed well together with the raisins. Turn into buttered mould. Cover close and steam two and one-half hours. Serve with wine sauce. Figs or dates cut fine can be used instead of the raisins.

Suet Pudding.

1 cup suet, cut fine.
1 cup molasses.
1 cup milk.
3 cups flour.
1 teaspoon soda.
1 teaspoon salt.
1 teaspoon ginger.
1 teaspoon cinnamon.
⅛ teaspoon cloves.
1 nutmeg, grated.
1 cup raisins, cut fine.

Mix spices, salt, raisins and soda with the flour. Add molasses and milk to suet; combine mixture, and turn all into buttered mould. Cover closely and steam three and one-half hours. Serve with hard or foamy sauce, flavored with sherry wine.

Fig Pudding.

⅓ cup suet, cut fine.
½ pound figs, chopped.
1 cup sugar.
2 eggs.
2½ cups stale bread crumbs.
½ cup milk.
1 teaspoon salt.
1 cup chopped nuts.

Chop suet fine, and remove all membrane and strings; add figs to suet. Soak bread crumbs in milk, add eggs well beaten, sugar and salt. Combine mixture. Turn into buttered mould, covered closely, and steam for four hours. Serve with brandy sauce.

French Fruit Pudding.

1 cup molasses.
1 cup sour milk.
1½ teaspoons soda.
3¾ cups flour.
¼ teaspoon cloves.
1 cup fine chopped suet.
1 teaspoon cinnamon.
½ teaspoon salt.
1½ cups raisins.
¾ cup currants.
½ cup nut meat.

Add molasses and sour milk to suet finely chopped. Add two cups flour mixed with soda, salt and spices. Add fruit mixed with remaining flour. Turn into buttered mould, cover and steam four hours. Serve with Stirling sauce.—*Mrs. C. M. Dearborn.*

Stirling Sauce.

½ cup butter.
1 cup powdered sugar.
1 teaspoon vanilla.
4 tablespoons cream.
3 tablespoons wine.

English Plum Pudding.

¾ cup sugar.
4 eggs.
½ pound currants.
¼ pound figs.
½ pound suet.
¼ teaspoon cloves.
½ teaspoon mace.
1 cup scalded milk.
½ pound stale bread crumbs.
½ pound raisins, cut into pieces.
Small piece citron, cut fine.
⅓ cup wine and brandy mixed.
1 teaspoon cinnamon.
1½ teaspoons salt.

Pour milk over the bread crumbs, and let stand until cool. Add sugar, yolks of eggs beaten until light, then the raisins, citron, figs and currants. Chop suet and rub it to a cream with the fingers. Combine the mixture. Add the wine and brandy and the spices mixed well together. Fold in the whites of eggs beaten stiff. Turn into buttered mould, and cover very closely and steam for six hours.

APPLE DESSERTS.

Apple Snow Pudding.

2 cups strained apples.
1½ cups flour.
½ teaspoon salt.
3 teaspoons baking-powder.
Milk to make a thick drop batter.
2 tablespoons butter.

Put the strained apples in a pudding-dish. Mix dry ingredients well together. Chop or rub in the butter. Add milk enough to make a thick drop batter. Pour over the apples in pudding-dish, and place in steamer and cook for about forty-five minutes, and serve at once with sweetened cream.

Apple Dumpling.

Prepare crust same as for prune or rhubarb dumpling, or use plain pie crust. Select apples of uniform size, pare and core carefully. Fill the cavity with sugar and one-fourth spoonful of butter; mix cinnamon with the sugar, if liked. Roll pie crust thin, and cut into squares large enough to cover apple well; place apple in center of each piece. Moisten the edges of the crust, and draw the points together on top and press the edges together. Turn over and place in pan, smooth side up. Add one and one-half cups of sweetened water to pan in which you bake them. Dumplings must have some steam to cook the fruit and to keep crust from burning. Bake in slow oven forty-five minutes.

Baked Apples.

Select apples of uniform size, pare and core. Fill each cavity with sugar and small piece of butter. Place in pan and bake in slow oven for a long time, until they are well cooked and the flesh of the apple takes on a pinkish look. You want to put cup of water in pan when you set them in the oven, and baste the apple occasionally with it while it is cooking. Serve hot with the dinner or cold with whipped cream piled on and around it for a dessert.

Apples with Red Raspberry Jam.

Pare, core and stew as many apples as needed. Add one and one-half cups of boiling water and cook ten minutes. Strain off the water, add one cup of sugar, and as soon as boiling-point is reached drop in apples a few at a time so as not to crowd them. Cook until you can pierce them, but they must keep their shape, removing them carefully to a serving-dish as they cook, and adding more until all are cooked. Arrange nicely on serving-dish, and fill center of each apple with red raspberry jam. Boil the liquor in sauce-pan down to a thick syrup, and pour over the apples and sprinkle them with chopped almonds and a teaspoonful of brandy. Serve with a foamy sauce.

Cabinet Pudding.

Ornament the bottoms of a buttered mould with raisins and citron. Cover them with slices of stale cake, then the fruit again, and repeat until the mould is two-thirds full. Make a custard with two and one-half cups of milk, yolks of four eggs and four tablespoons of sugar. Pour very carefully into the mould a little at a time; place mould in pan of hot water, and cook in slow oven until the custard is set; it will require from forty-five to fifty minutes. Unmould and serve with wine sauce.

CHAPTER XXVI.

COLD DESSERTS.

Lemon Jelly.

½ box shredded, or 2 tablespoons granulated, gelatine.
½ cup lemon juice.
1 cup sugar.
½ cup cold water.
2½ cups boiling water.

Soak gelatine in cold water for half an hour, dissolve in boiling water, strain, and add to sugar and lemon juice. Turn into mould and chill.

Orange Jelly.

½ box shredded, or 2 tablespoons granulated, gelatine.
1½ cups orange juice.
½ cup cold water.
1½ cups boiling water.
1 cup sugar.
Juice 1 lemon.

Pepare same as lemon jelly. Cut oranges crosswise, and use glass lemon squeezer, and strain the juice through a fine French sieve. Mould, turn on serving-dish, and garnish with candied orange peel.

Wine Jelly.

½ box shredded, or 2 tablespoons granulated, gelatine.
½ cup cold water.
1½ cups boiling water.
1 cup sugar.
Juice 1 orange.
Juice ½ lemon.
1 cup sherry wine.

Soak gelatine thirty minutes in the cold water, dissolve in the one and one-half cups of boiling water, and add fruit juice, sugar and wine. Strain, mould and chill. Catawba wine is very nice for making wine

jelly, using one-half cup less water, omitting the orange juice, and using the catawba wine instead.

Jellied Walnuts.

1½ tablespoons granulated gelatine.	1 cup sugar.
¼ cup cold water.	½ cup orange juice.
½ cup boiling water.	½ cup sherry wine.
	Juice ½ lemon.

Prepare same as other jellies, and cover bottom of pan or mould with flat bottom. Pour in part of the mixture and place in ice-water until nearly firm. Then place a layer of halves of English walnuts under the entire top, allowing a little space between. Cover with the remaining mixture. Chill, turn on serving-dish, and garnish with whipped cream dotted with crême de Menthe or Maraschino cherries. If the red cherries are used, tint the cream a delicate rose pink before whipping, or a delicate green if the crême de Menthes are used.

Snow Pudding.

1¼ tablespoons granulated gelatine.	Whites 4 eggs.
⅓ cup cold water.	1 cup sugar.
	¼ cup lemon juice.
1 cup boiling water.	

Soak gelatine half an hour in cold water. Dissolve in the boiling water, add sugar and lemon juice, and strain. Set aside in cool place, stirring occasionally until quite thick. Beat with whisk until frothy. Add whites of eggs beaten stiff and dry. Continue beating until it will hold its shape. Mould or pile on glass serving-dish. Set where it will be very cold. Serve with cold boiled custard made from yolks of eggs. This pudding can be divided, and part tinted pink and part violet, which makes it very attractive.

Cold Cabinet Pudding.

1¼ tablespoons granulated gelatine.
¼ cup cold water.
2 cups scalded milk.
Yolks 3 eggs.
½ cup sugar.
2 tablespoons brandy.
1 teaspoon vanilla.
6 macaroons.
6 lady-fingers.

Put gelatine to soak. Make a custard of the eggs, milk and sugar. Salt, strain, add the soaked gelatine, cool slightly, and arrange a mould in pan of ice-water. Decorate mould with candied cherries and angelica. Cover with the mixture, adding carefully with a spoon a little at a time. When mixture in mould is firm, add layer of lady-fingers dipped in the custard, then a layer of the macaroons that have been dipped in the custard. Repeat, using care to have each layer firm before adding another. Garnish with candied cherries and serve with cream.

To Whip Cream.

We use both thin and heavy cream in preparing desserts. It can be purchased in pints, half-pints and quarts. The heavy cream is known as double cream, and when thoroughly chilled will whip quickly. Cream should be chilled by placing it in a vessel surrounded by crushed ice and water. There are several cream-whips on the market that do the work nicely and quickly. The whip-churn is good for preparing the whip for charlotte russe, where we use the gelatine and want the large bubbles; also for the fruit sponges. Place whip-churn in bowl of chilled cream, and hold down cover with left hand, and with the right hand work the dasher, using care not to lift dasher too high or it will splatter. Stir down the first bubbles or they will be too large. After that remove the bubbles with

spoon with holes in it, and place on strainer. As the cream drains through, it can be returned to bowl and whipped again until all is done. There will be a little left in the bowl that does not whip. Cream after whipping should be three times its bulk before whipping. Heavy cream must be whipped with a Dover egg-beater or some of the new whips at present found in the up-to-date house-furnishing establishments. Sweeten and flavor all cream before whipping. To dilute cream, use one-third milk. Heavy whipped, sweetened and flavored creams are used with pastry bag and tube to decorate fancy cold desserts.

Charlotte Russe.

¼ box shredded, or 2 tablespoons granulated, gelatine.
Whip from 4 cups thin cream.
Lady-fingers to line mould.
¼ cup cold water.
⅓ cup scalded cream.
⅓ cup powdered sugar.
1½ teaspoons vanilla.

Soak gelatine in cold water, dissolve in the scalded cream, and strain into mixing-bowl. Add sugar and vanilla. Set bowl into pan of ice-water, and stir until it begins to thicken. Then fold in the whip from cream a little at a time, making about three additions. Trim ends of lady-fingers, and decorate mould with them, leaving a little space between, turning the crust side out. Turn in mixture, chill and serve.

Caramel Charlotte.

2 tablespoons granulated gelatine.
¼ cup cold water.
½ cup scalded cream.
½ cup sugar, caramelized.
2 tablespoons powdered sugar.
2 teaspoons vanilla.
6 lady-fingers.
Whip from 4 cups cream.

Prepare same as charlotte russe. Add the caramel sugar to the scalded cream before adding the gelatine

soaked in the cold water. Line charlotte mould, and fill and chill.

Strawberry Sponge.

2 tablespoons granulated gelatine.
½ cup cold water.
⅓ cup boiling water.
1 cup sugar.
1 tablespoon lemon juice.
1 cup strawberry juice.
Whites 4 eggs.
1 quart cream whip.

Soak gelatine in cold water, dissolve in boiling water; add sugar, lemon and strawberry juice and pulp. Chill in ice-water. When thick, beat with wire whip until frothy. Add whites of eggs beaten stiff, and fold in the cream whip. Turn mixture in mould smoothly and evenly, chill, and turn on serving-dish. Use large berries split in halves to decorate the sponge, and some strawberry leaves and the whole berries for the plate. This is a pretty strawberry dessert.

Bavarian Cream.

Grated rind and juice ½ lemon.
⅓ cup white wine.
⅓ cup sugar.
1 tablespoon granulated gelatine.
2 tablespoons cold water.
2 eggs.

Turn lemon, wine, sugar and yolks of eggs into saucepan, and stir briskly over fire until mixture thickens. Add gelatine soaked in the cold water, then pour over the whites of eggs beaten stiff. Place in pan of ice-water and beat until stiff enough to hold its shape. Line mould with lady-fingers. Turn in cream, and chill. Strawberry, orange or red raspberry juice can be used instead of the wine.

Pineapple Bavarian Cream.

2 tablespoons granulated gelatine.
½ cup cold water.
1 can grated pineapple.
⅔ cup sugar.
1 tablespoon lemon juice.
1 quart whipped cream.

Soak gelatine in cold water. Heat pineapple, and add sugar, lemon juice and the soaked gelatine. Chill in pan of ice-water, stirring constantly. When it begins to thicken, fold in whipped cream, mould and chill.

Caramel Custard.

4 cups scalded milk.
6 eggs.
½ cup sugar.
¼ teaspoon salt.

Put sugar in frying-pan. Stir constantly, over hot part of the range, until melted to a syrup of a light brown color. Remove at once and add to the milk, using care that the milk does not bubble up and run over, as it is liable to do on account of the great heat of the sugar. As soon as the sugar is melted in milk, add the mixture gradually to the slightly beaten eggs. Add salt, and flavoring, and strain all into a buttered mould. Bake in slow oven, with mould resting in water until firm. Chill and turn on serving-dish, and pour over a caramel sauce.

Caramel Sauce

¾ cup sugar.
½ cup boiling water.

Prepare sugar in frying-pan as for caramel custard. Add water, simmer ten minutes, and cool. Pour over the custard when it is unmoulded, and sprinkle over all some finely chopped almonds.—*Miss Parloa.*

Baked Custard.

4 cups scalded milk.
6 eggs, beaten slightly.
½ cup sugar.
2 teaspoons vanilla.
Pinch of salt.

Beat eggs slightly. Pour on scalded milk slowly, flavor, and strain into buttered mould. Set in pan of hot water, and bake in slow oven until firm, which can be determined by drawing a knife through custard; if knife comes out clean, the custard is done. You can bake this in custard cups if you desire.

Boiled Custard.

Yolks 4 eggs. ¼ cup sugar.
Pinch salt. 1 teaspoon vanilla.
2 cups hot milk.

Slightly beat the eggs, add salt and sugar, and pour on gradually the hot milk. Cook in double boiler until it coats the spoon as thick as cream. Remove at once, strain, chill and flavor. Too long cooking will cause it to curdle.

Apple Snow.

Whites 4 eggs. 1 cup apple pulp.
Powdered sugar.

Pare, core and quarter four or five apples, according to size. Steam until tender and rub through a sieve. Sweeten to taste. Beat whites of eggs until stiff. Add gradually the apples, and continue the beating. Pile lightly on glass dish and serve with cream or soft custard.

Fruit Salad.

Use alternate layers of pineapple, bananas and oranges, a little lemon juice, and sprinkle with powdered sugar.

To Slice Oranges.—Remove the skin and all the white covering. Slice lengthwise, removing seeds and tough core in center. Strawberries are a nice addition to this salad, also pitted cherries and grapes.

CHAPTER XXVII.

FROZEN DESSERTS.

FROZEN desserts include water ices—fruit juice sweetened, diluted with water, and frozen.

SHERBET.—A water ice to which is added a small quantity of dissolved gelatine, or egg whites beaten until light.

FRAPPÉ.—Water ice frozen to a mush, using equal parts of salt and ice.

PUNCH.—Water ice with liquor of some kind added.

SORBET.—Water ice where several kinds of fruit are used, together with some kind of liquor, usually.

PLAIN ICE-CREAM.—Made with custard to form body, then cream and flavorings.

PHILADELPHIA ICE-CREAM.—Use for this a rather thick cream sweetened and flavored with vanilla, and frozen.

MOUSSE.—Heavy cream beaten until stiff, combined with fruit purées and gelatines, packed in salt and ice and allowed to stand for three and one-half or four hours.

Frozen desserts are served all the year round, and are not any more trouble than the making of any dessert. Mousses are especially easy to prepare, as they are packed in ice and salt and allowed to rest until time for unmoulding to serve. For the sick and convalescent, they hold a place all their own.

General Rules for Ice-cream Mixtures.

Unless cream is to be whipped, it is best to scald it in double boiler, as it gives a smoother and better ice, using care not to cook it too long, as cream cooked too long will not increase in bulk. As soon as the water in bottom of double boiler reaches the boiling-point is long enough, and wants to be removed at once. For water ices, always make a syrup with the sugar and water by cooking them together for ten minutes, then add the fruit juices. For custard and frozen pudding, the milk should always be scalded and poured onto the beaten eggs, then returned to the fire in double boiler and cooked until they coat the spoon, but not a moment longer. Beat until cool, flavor, and pack in freezer, using three measures of crushed ice and one of rock or coarse salt. For biscuits and parfaits, the custard is made of sugar, syrup and yolks of eggs cooked together until it coats the spoon, then beaten until cool.

Preparation for Freezing.

Put the ice in strong cloth bag, and with wooden mallet kept for the purpose pound it very fine; the finer the ice is crushed, the sooner the freezing will begin. Place the can in the freezing-jacket, using care to have the pivot of the can in the socket. Put cover on can with cork in the top, that no salt may get in, and pack, using three times as much crushed ice as salt. Hold your can straight while packing, and pack to within about an inch of the top. See that the can will turn. Take off top, and place the dasher in position with pivot in socket in bottom of can. Then pour in carefully your ice-cream mixture, but do not have freezer more than three-fourths full. Adjust top and

crank, and turn for about twenty minutes, and your cream will be ready to pack and ripen. You do not have to remove top to know when it is done. The crank reports to you all that is necessary by turning much stiffer. Cream frozen too quickly will be coarse-grained. There will be no freezing on the inside until there is melting on the outside.

Packing.—When cream is frozen, take off crank and wipe top carefully, using care to have the salt and ice lower than the can. Lift off top, remove the paddle, and with a wooden spoon pack the cream in tight. If fruit or whipped cream is to be added, do it now and mix it well with the cream, or, if the cream is to be moulded, remove from freezer and place in moulds that are ready for this purpose. Make the cream firm and compact in mould by the use of a common wooden potato-masher and wooden spoon. Smooth the top of the mould cover with a paraffin paper, and bind the edge of the top with butter or lard, to keep out the salt water when they are packed. But if the cream is to ripen in the freezer-jacket, you replace the top, put in cork, and draw off the water from jacket by taking out cork which you will find near bottom of the pail. Add more ice and salt. Cover top with coarse cloth, and let it rest until ready to serve, noticing that the water does not rise above the top of can. Ices are always better to stand at least one hour before serving, to ripen and blend.

Moulding Ice-cream.—Put the frozen ice-cream into mould, filling it entirely full; press it down to force out all air bubbles, cover with thin white paper, press on top close, and bind round the edge with butter to keep out the salt water. The joints must be water-

proof to accomplish this. Imbed the mould in salt and broken ice for from one to five hours. Mousses require from five and one-half to six hours; parfaits, from two to three hours. Watch and draw off water; if necessary, add more ice.

Lemon Ice.

4 cups water. 2¼ cups sugar.
1 cup lemon juice.

Make syrup by boiling sugar and water for twenty minutes. Strain, cool and freeze, according to directions for freezing. Serve in sherbet cups.

Orange Ice.

4 cups water. 2 cups orange juice.
2¼ cups sugar. Grated rind 2 oranges.
⅓ cup lemon juice.

Prepare same as for lemon ice. Add fruit juice and grated rind. Cool, strain and freeze. Serve in sherbet cups.

Strawberry Ice.

2 cups strawberry juice. Juice 1 lemon.
2 cups sugar. 4 cups water.

Sprinkle strawberries with sugar, and let them stand for two or three hours. Mash and press through a very fine French sieve or cheesecloth. Add the water and lemon juice, then freeze. This method will give you a fine, fresh flavor and good color for water ice.

Raspberry Ice.

Prepare same as strawberry ice, using either the red raspberry or the black-caps.

Currant Ice.

2 cups currant juice.
4 cups water.
2 cups sugar.
1 tablespoon lemon juice.

Prepare and freeze same as strawberry ice.

Currant and Red Raspberry Ice.

4 cups water.
1 cup raspberry juice.
1 cup currant juice.
1½ cups sugar.
1 tablespoon lemon juice.

Prepare and freeze same as strawberry. This is a nice combination.

Créme de Menthe Ice.

4 cups water.
1¼ cups sugar.
1 tablespoon lemon juice.
¾ cup crême de Menthe.
Leaf green to color.

Make syrup with water and sugar, then add lemon. Strain, color a very delicate green, add cordial, and freeze.

Chocolate Ice with Whipped Cream.

3 squares chocolate.
1 cup sugar.
1¼ cups boiling water.
3 cups milk (scalded).
Salt and vanilla.

Melt chocolate over hot water and scalded milk. Add half the sugar to chocolate, and salt. Add gradually the boiling water; boil a moment, and add to scalded milk with the remaining sugar. Cool and freeze. Garnish with whipped, sweetened and flavored cream.

Pineapple Sorbet.

2 cups water.
2¼ cups sugar.
1 shredded pineapple.
1½ cups orange juice.
½ cup lemon juice.
1 quart Apollinaris.

Prepare and freeze.

Apricot Sorbet.

1 can apricots.
1¼ cups sugar.
⅓ cup lemon juice.
1 pint cream.

Drain apricots, rub pulp through sieve, and add to juice. Add sugar and lemon juice. Freeze to a mush, which you can tell by the turning of the freezer. Lift top and fold in the cream that has been whipped. Let it rest for two hours, and serve in glasses.

Cardinal Punch.

4 cups water.
2½ cups sugar.
1 cup orange juice.
⅓ cup lemon juice.
⅓ cup brandy.
½ cup strong green tea infusion.

Prepare syrup same as for any water ice. Add fruit juice and tea, freeze to a mush, add liquor, and continue freezing. Serve in frappé glasses.

Pineapple Cream.

2 cups water.
1⅓ cups sugar.
1 grated pineapple.
2 cups cream.
⅓ cup orange juice.

Cook together sugar, water and pineapple for fifteen minutes. Add orange juice, strain, and freeze to a mush. Open freezer and fold in the whipped cream. Return top and continue freezing. Draw off water, pack, and stand for thirty minutes. Serve in frappé glasses. Garnish with candied pineapple and cherries.

Philadelphia Cream.

1 quart cream.
¾ cup sugar.
1½ tablespoons vanilla.

Mix ingredients and freeze according to directions for freezing.

Vanilla Ice-cream.

1 pint scalded milk.
2 tablespoons flour.
1 cup sugar.
Yolks 3 eggs.
¼ teaspoon salt.
1 quart cream.
2 tablespoons vanilla.

Mix flour, sugar, salt and eggs slightly beaten. Add milk slowly. Cook in double boiler over hot water for twenty minutes, stirring constantly at first. Strain, cool, add cream and flavoring. Pack freezer, pour in cream, and freeze as directed. Serve with chocolate sauce.

Chocolate Sauce.

1½ cups water.
¾ cup sugar.
1 tablespoon arrowroot.
2 squares chocolate (Baker's).
½ cup cold water.
1 teaspoon vanilla.
Pinch salt.

Boil water and sugar together for five minutes. Mix chocolate and arrowroot, add cold water, combine all with sugar and water syrup, and add salt. Boil five minutes longer slowly. Flavor with vanilla. Pour on cream while hot.

French Ice-cream.

1 pint milk, scalded.
3 cups cream.
1 cup sugar.
Yolks 6 eggs.
1½ tablespoons vanilla or 1 vanilla bean.
1 tablespoon flour.
Pinch salt.

Heat milk to scald in double boiler. Beat yolks and sugar and flour until light and smooth. Add scalded milk slowly to eggs and sugar. Return to double boiler and cook fifteen minutes, stirring all the while at first. If vanilla bean is used for the flavoring, it should be split in two lengthwise and infused in the milk as it scalds. Remove custard from fire, strain, and stir until

cold. Add cream, and, if extract of vanilla is used, add that. Freeze as directed.

Chocolate Ice-cream.

Use either of the recipes for vanilla cream, according to the richness desired, adding to the custard while it is hot three squares of Baker's chocolate melted in small saucepan on range at low degree of heat. When melted, stir in a very little milk to dilute it before adding to the custard. Cool, freeze, and pack as directed.

Coffee Ice-cream.

2 cups milk.
½ cup Mocha and Java coffee.
1⅓ cups sugar.
Yolks 4 eggs.
1 tablespoon flour.
Pinch salt.
1 quart cream.

Steep the coffee in the double boiler in the scalded milk, strain and return the infusion to the double boiler. Mix the egg yolks with the sugar, salt and flour. Pour on the coffee infusion from the double boiler slowly, and cook all for ten minutes, stirring constantly. Remove, strain, cool, add cream, pack and freeze. Coffee ice-cream can be served with Maraschino cherries.

Caramel Ice-cream.

1 pint milk.
3 cups cream.
1 tablespoon flour.
Yolks 4 eggs.
1½ cups sugar.
½ cup water.

Scald milk, and make custard with eggs and flour. Caramelize the sugar in frying-pan, add water, and cook until a very thick syrup. Pour into the custard, strain and cool. Add cream, and freeze as directed. Serve with hot caramel sauce.

Strawberry Ice-cream.

3 pints cream.
3 cups berries.
2 cups sugar.
Pinch of salt.

Wash, drain and cap berries; cut into slices. Sprinkle with sugar, and let them stand for two hours. Press them through a fine sieve, or you can rest cheese-cloth over sieve or colander. The cream wants to be rather a good quality for this cream. Put cream in and freeze slightly, then add the berry juice and sugar, and finish freezing. Garnish with strawberry leaves and large berries.

Bisque Ice-cream.

Make a custard as for vanilla ice-cream, using one more yolk of egg. Add one quart of thick cream; it need not be thick enough to whip, but rather thicker than for the vanilla cream. Add one cup of nut meats, either pecans or English walnuts, or our own shellbark hickory-nuts cut fine or ground with the coarsest knife of the food-chopper.

Macaroon Ice-cream.

1 quart cream.
1½ cups macaroons.
1 cup sugar.
1 tablespoon vanilla.
Pinch salt.

Pound macaroons (if they are fresh, dry them), and add cream, sugar, salt and vanilla. Freeze as directed.

Ginger Ice-cream.

Add two cups of preserved ginger (cut fine) to the vanilla ice-cream, and three tablespoons of syrup from the ginger, one cup of finely chopped nuts (any kind you like), and one-third cup sherry wine. Then freeze.

Pistachio Cream.

Make same as vanilla ice-cream, using one teaspoon of almond extract with one tablespoon of vanilla for the flavoring. Color with leaf green, and add one-half cup of blanched and chopped almonds or pistachio nuts.

Neapolitan Cream.

Two kinds of cream and a water ice, moulded in a brick form.

Frozen Pudding.

2½ cups milk.	Cup heavy cream.
1 cup sugar.	⅓ cup rum.
A little salt.	1 cup candied fruit.
2 eggs.	Cherries, pineapple an pears.

Soak the fruit (cut in small pieces) in brandy to cover for two hours or longer, to prevent it from freezing. Make custard of the milk, sugar, salt and eggs. Strain, cool, add cream and rum, and freeze. Pack in brick mould in layers of cream and the fruit that has soaked in the brandy. Pack in salt and ice for three hours. Serve with candied fruit for a garnish.

Peach Ice-cream.

1 quart fresh peaches, crushed and rubbed through sieve.	1 quart heavy cream.
	A pinch of salt.
	Sugar to taste.

Select a ripe freestone peach, pare and cut into pieces. Rub through sieve, making a purée. Add sugar, salt and cream, and freeze. Garnish with one-quarter pieces of the peaches and some peach leaves.

Baked Alaska.

Whites 6 eggs.	6 tablespoons powdered sugar.
Thin sheet sponge cake.	2 quarts brick ice-cream.

Make meringue of eggs and sugar. Cover board with white paper, lay on sponge cake, and turn ice-cream on cake, allowing the cake to extend one inch beyond the cream. Cover with the meringue. Spread very smoothly. Brown quickly in hot oven; a gas oven is best for this.

Tom and Jerry Punch.

½ pint yolks eggs.
½ pound sugar.
1 pint milk.
½ cup Maraschino.
½ cup brandy.
½ grated nutmeg.
3 cups cream.

Make a custard of eggs, sugar and milk. Strain, cool, add cream, and freeze to a mush. Add Maraschino, brandy and nutmeg, and finish freezing.—*Gibson House Chef.*

Tom and Jerry Pudding.

To the above recipe add one and one-half cups of mixed fruits cut and soaked in brandy to cover for two hours. Use raisins, citron, cherries and candied pineapple, and one-half cup chopped nut meat. The fruit is to be added when the punch is frozen to a mush.

Kresch Wasser Frappé.

1 quart water.
1 pound sugar.
3 lemons.
1 orange.
1-inch stick cinnamon.
3 whole cloves.
Thin peeling 1 lemon.
Thin peeling 1 orange.
½ cup Kresch Wasser.

Make syrup of sugar and water, with the cinnamon, orange, lemon and cloves. Cook for ten minutes, remove from fire, strain and cool. Freeze until frappé. Add Kresch Wasser.

Maraschino or Ladies' Punch.

Prepare same as Kresch Wasser frappé, using three-fourths cup Maraschino instead of the Kresch Wasser.

Sultana Roll with Claret Sauce.

Line one-pound baking-powder tins with pistachio ice-cream. Sprinkle with sultana raisins soaked one hour in brandy to cover. Fill center with whipped cream sweetened and flavored with vanilla, and one-half cup chopped almonds folded in. Cover with the pistachio cream full, so when top is forced on the cream will come out round the edge. Pack in salt and ice for two hours.

Claret Sauce.

1 cup sugar. ⅓ cup water.
¾ cup claret.

Boil sugar and water for ten minutes, until syrup is very thick. Cool slightly, add claret and serve.

Café Parfait.

1 cup milk.
¾ cup Mocha coffee.
Yolks 3 eggs.
1 cup sugar.
3 cups cream that will whip.
Pinch salt.

Steep coffee in the hot milk, and make custard with the milk, coffee, salt and half the sugar. Add one cup cream and rest for a few moments. Strain through cheesecloth to catch all the grounds of the coffee, add remaining sugar and one cup cream, and freeze. Line mould and fill center with whipped, sweetened and flavored cream. Pack in salt and ice, and stand for three hours.

Bombe Glacée.

Line mould with fine colored fruit sherbet. Fill with ice-cream or charlotte russe mixture. Cover with the sherbet, pack in salt and ice, and stand for two hours. Strawberry ice and macaroon ice-cream make a good combination.

Nesselrod Pudding.

1 cup French chestnuts.
1½ cups sugar.
6 egg yolks.
2 cups milk.
1 pint cream.
½ teaspoon salt.
¾ cup pineapple syrup.
⅓ pound mixed candied fruit.
1 cup blanched almonds.
⅓ cup Maraschino and sherry.

Shell, blanch and cook the chestnuts until tender. Press half of them through a sieve. Blanch the almonds, and chop fine with food-chopper. Cut the candied fruit and remaining chestnuts into dice, and pour over them the Maraschino and let them stand until ready to use. Make a custard with the milk, sugar and the eggs and salt. Strain, cool, add cream, chestnuts and the almonds, and freeze. Line a two-quart mould with the mixture, and to the remaining add the diced fruits, chestnuts and sherry. Put in mould, pack in salt and ice, and let stand for two hours. Serve with whipped cream sweetened and flavored with Maraschino syrup. Garnish with Maraschino cherries. This pudding is supposed to have originated from the chef of Count Nesselrod.

Strawberry Mousse.

1 box strawberries.
1 cup sugar.
1 quart cream.
1½ tablespoons granulated gelatine.
2 tablespoons cold water.
3 tablespoons hot water.

Wash, drain and cap the berries, sprinkle with sugar, and let them stand for an hour. Rub them through a sieve. Add the gelatine soaked in the cold and dissolved in the boiling water. Set in pan of ice-water and stir until it begins to thicken; then fold in the whip from the cream. Put in mould, cover, pack in salt and ice; let stand for four hours. You can use raspberries instead of strawberries.

Coffee Mousse.

Make same as strawberry, using one cup of strong, freshly made boiled coffee instead of the fruit juice.

Maple Parfait.

Yolks 6 eggs.
½ cup chopped nuts.
1 cup hot maple syrup.
1 pint thick cream.

Whip cream until stiff, beat yolks and pour on slowly the maple syrup. Cook until mixture thickens, cool, and fold in the whipped cream and chopped nuts. Mould and pack in salt and ice for three hours.

Mousse Marron.

1 quart vanilla ice-cream.
½ cup sugar.
¼ cup water.
Whites 2 eggs.
1 teaspoon vanilla.
1¼ teaspoons granulated gelatine.
1⅓ cups prepared French chestnuts.
1 pint whipping cream.

Cook sugar and water rapidly for five minutes, dissolve gelatine in two tablespoons boiling water, and add to syrup. Place in pan of ice-water. Stir until cold; add chestnuts and fold in the whipped cream and vanilla. Line mould with ice-cream and fill center with the mixture. Cover closely, pack in salt and ice, and stand for three hours.

Biscuit Tortoni.

2 cups thin cream. ½ cup sherry wine.
¾ cup sugar. 1 pint whipping cream.
1 cup dried and crushed macaroons.

Soak macaroons in the thin cream half an hour or more. Add the sugar and wine, freeze to a mush, and add the thick cream whipped until stiff. Mould, pack in salt and ice. Rest for two and one-half hours.

CHAPTER XXVIII.

BEVERAGES.

"Drink away all unkindness."—*Shakespeare.*

A beverage is any kind of a drink, and is composed of water combined with other things. And as water is so essential to man, we want to give attention, and much consideration, to the different beverages. They are taken to quench thirst; to introduce water into the circulatory system; to assist in carrying off the waste; to regulate the temperature of our body; to stimulate the nervous system; to nourish, and for medical purposes.

TEA.

Tea is used to a large extent in every country, not so much in the United States as many other countries, but the five o'clock tea is quite fashionable. All tea is grown from one species of shrub. Climate, elevation, soil and care in picking and curing all go to make up the differences. The first quality is that made from the young, whole leaves. There are two kinds of tea we consider: Black tea, made from leaves which have fermented before curing; green tea, made from unfermented leaves and colored. Our best black tea comes from Ceylon and India, and is known by the names of Oolong, Formosa, English Breakfast, Flowery Pekoe, Orange Pekoe, etc. The two last named are used a great deal for iced teas and five o'clock teas, and for this reason command a high price. They are prepared

from the youngest leaves, and are scented with orange leaves. Our best green tea comes from Japan, and is known as Japan, Young Hyson and Gunpowder.

Analysis tells us that the tea is rich in proteid matter, but after the infusing it becomes a stimulant, and the only nutriment we get is in the milk and sugar, and as the tea-drinker usually takes it without the milk, only sugar is left, and for the foregoing reason we look upon it as a stimulant only. The stimulating property is due to theine, while we also find tannic acid, which is developed from the tannin by infusing. This is what is considered injurious in the tea, from the fact that tannin will contract the coating of the stomach, and for this reason retards the action. It also, when taken in excess, will cause sleeplessness, but when taken in moderation it does no harm, provided it is properly made. Freshly boiled water should always be used for making tea. Water below the boiling-point does not extract the stimulating properties of the tea, and water boiled too long is rendered flat and insipid, for the reason that the atmospheric gases escape. Tea wants always to be infused, never boiled, and served at once, as long steeping develops the tannic acid and also destroys the delicate flavor. The tea-ball is much used by tea-lovers, especially in the drawing-room with the samovar.

To Make Tea.

3 teaspoons tea. 2 cups boiling water.

Scald an earthen or china teapot and have it very hot. Put in the tea, and pour on the boiling water. Let it stand where it keeps hot, but does not boil. Steep for five minutes and serve at once. Serve with

sugar and cream, as one desires; always add cream to tea after pouring. Do not add fresh leaves to pot and steep again, but turn out the steeped leaves and scald pot, and make the second cup with fresh leaves and water.

Five O'clock Tea.

For this you use "five o'clock tea-kettle" in drawing-room, with either the teapot or the tea-ball.

Russian Tea.

Follow recipe for making tea. Russian tea can be served hot or cold, but always without milk, with the addition of a small piece of lemon cut the long ways and all the seeds removed, each person sweetening to taste.

Iced Tea.

3 teaspoons tea. 2 cups boiling water.

Make as above directed, and strain into glasses filled half full of cracked ice. Serve with lemon with seeds removed.

Tea with Mint.

Make same as iced tea, using three crushed leaves of mint in the glass and pour on the hot tea. This gives a fine flavor of the mint. Garnish with crême de Menthe cherry in each glass.

COFFEE.

Coffee is grown in all tropical climes, but the coffee-tree came originally from Abyssinia. The berries of the coffee-tree are the coffee of commerce. Coffee berries before roasting are almost tasteless. The value of coffee is determined by its size, shape and color.

Coffee used to be cured by exposure to the sun, but the coffee of the present day is washed and dried by steam heat. Coffee needs to be roasted. In the process of roasting the flavor is developed and the berries are increased in size. Java ranks highest for flavor, but the Mocha has the strength and sparkle, and commands the highest price. Mocha and Java combined give the finest cup of coffee, using one measure of Mocha to two of Java.

The stimulating properties of coffee are due to the "caffeine" and essential oils. Coffee also contains an astringent, and is considered a greater stimulant than tea. Coffee quickens the action of the heart and acts upon the nervous system, and when taken after the meal it assists the digestion, and fatigue of body and mind are lessened by the moderate use of coffee. A coffee-drinker can stand severe cold better than one who does not use coffee. In time of war it has been found invaluable to the soldier, and a much better stimulant than alcoholic drinks to keep up his powers of endurance. Both tea and coffee are more readily absorbed when taken on an empty stomach, and for this reason should not be used in this way except for medicinal purposes. The flavor, aroma and strength of the coffee are a volatile oil encased in the woody fiber of the coffee bean, and the grinding and crushing of the berry expose this oil to the action of the water, and give the flavor and strength to the cup of coffee.

Coffee is served either as an infusion or a decoction. The infusion is considered the most wholesome, but the boiled coffee (or decoction) is more generally used by the consumers. We buy the coffee almost entirely roasted and ground, in either of three ways—fine, coarse and medium—the grinding depending upon

the way it is to be made, using finely ground for filtered and coarse or medium for boiling.

Filtered Coffee.

1¼ cups coffee. 6 cups boiling water.

There is a great variety of coffee-pots on the market for making filtered coffee. They all contain a strainer in which to hold the coffee without letting the grounds mix with the infusion. Place coffee in strainer and place on range where it keeps hot, but will not boil. Add gradually the boiling water, allowing it to filter slowly. If not strong enough, refilter, and serve at once with cut sugar and good cream. Always put sugar and cream in cup before pouring the coffee. If cream is not obtainable, use scalded milk; it is well to have a pitcher of hot milk to dilute coffee if too strong.

Boiled Coffee.

1¼ cups coffee. 1 cup cold water.
1 egg. 6 cups boiling water.

Use granite pot. Scald, wash egg, and break in bowl with the coffee, using shell. Mix well, turn on the cup of cold water, pour all into the scalded pot, and pour over the six cups of water that have just reached the boiling-point. Stir thoroughly, place on hot part of range, and let it boil for three minutes; it must boil or the coffee will not be clear, but too long boiling develops the tannic acid. Draw it where it keeps very hot, but does not boil, for ten minutes. Be careful to keep coffee covered closely and spout of pot filled with soft paper, to keep the aroma from escaping. Just before you serve it, pour out some in cup to be sure the spout is free from grounds, and pour in one-half

cup of ice-water or a small piece of ice. This drives the grounds to the bottom. Serve at once with cut sugar and cream. If any coffee is left over, pour off the grounds and use to wet the coffee for the next meal or for making a jelly. Coffee can be cleared with the shells from the eggs, but will not be so rich or fine flavored.

Café au Lait.

Make coffee very strong, and serve equal quantity of scalded milk. In the French market in New Orleans they serve this very fine.

Vienna Coffee.

Make a fine drip or percolated coffee, and serve whipped cream, using thick cream, and whip stiff.

Café Noir.

AFTER-DINNER COFFEE.

For after-dinner use twice the amount of coffee, and filter. Serve in after-dinner cups, with cut sugar. This coffee, taken without cream, is supposed to assist digestion. Gentlemen often burn brandy with some sweet spices and add this to the coffee.

COCOA AND CHOCOLATE.

Our cocoa and chocolate industry is confined chiefly to Mexico, South America and the West Indies. Both cocoa and chocolate are prepared from seeds of the cocoa bean. The bean pod is from eight to ten inches long, and from three to four inches in diameter, each pod containing from twenty to forty seeds, imbedded in a mucilaginous substance. The beans are dried

before they are imported, but have to be roasted to develop the flavor. After the roasting, the outer covering is removed, and this covering makes the cocoa shells. The beans are broken and sold as cocoa nibs.

The various preparations on the market are made from these ground cocoa nibs, from which, by hydraulic pressure, a large amount of the fat is expressed, leaving a solid cake. To this sugar, cornstarch or arrowroot is added, and some cinnamon or vanilla. Broma contains arrowroot and cinnamon.

Chocolate is made from the nibs, but contains a much larger amount of fat than the cocoa preparations, and for this reason is harder to digest. It is made into cakes for the market, in bitter, sweet and the flavored. Cocoa butter is made from the fat from the cocoa bean. The cocoa and chocolate are very nourishing as well as stimulating. Theobromine is the active principle in the cocoa and chocolate.

Cocoa Shells.

1 cup cocoa shells. 6 cups boiling water.

Boil shells and water for three hours, adding more water as it boils away. Strain and serve same as cocoa, with milk and sugar. Milk should be hot.

Breakfast Cocoa.

2 tablespoons cocoa. 2 cups boiling water.
2 tablespoons sugar. 2 cups scalded milk.
Pinch salt.

Scald milk, mix sugar, cocoa and salt, dilute with boiling water, adding slowly until a smooth paste, then add remaining water. Boil one minute, turn into scalding milk in double boiler, and whisk briskly with

Dover egg-beater, forming a froth which will prevent a scum from forming on top.

Reception Cocoa.

4 tablespoons cocoa.
¼ cup sugar.
1 cup boiling water.
4 cups scalded milk.
Pinch salt.

Scald milk in double boiler. Mix salt, cocoa and sugar. Add boiling water slowly until a smooth paste is formed. Add all to scalded milk, and whisk with Dover egg-beater until well frothed. Serve with spoonful of whipped cream on each cup.

Cocoa with Brandy.

Use same proportions as for reception cocoa, and prepare in same way, and before you use the Dover egg-beater, add one-fourth cup of brandy.

Chocolate.

2 squares chocolate.
¼ cup sugar.
2 cups whipped cream.
1 cup boiling water.
3½ cups milk.
½ teaspoon vanilla.
Pinch salt.

Scald milk, melt chocolate in bowl over hot water, add sugar and salt, and gradually the boiling water. When perfectly smooth, cook on stove for a moment and add to the scalded milk, with vanilla. Beat and serve in chocolate cups with whipped cream.

Sweetened Chocolate.

2½ ounces sweetened chocolate.
4 cups scalded milk.
2 cups whipped cream.
Pinch salt.

Scald milk, add chocolate, and stir until chocolate

is all melted. Cook a few moments in double boiler. Beat and serve in chocolate cups with whipped cream.

Fruit Punch.

10 oranges.
6 lemons.
1 small pineapple, grated.
2 cups tea infusion.
2 cups sugar.
1 cup hot water.
1 cup raspberry or strawberry juice.
1 quart Apollinaris.

Make juice of orange, lemon, pineapple, raspberry syrup and tea. Then add syrup made by boiling sugar and water ten or twelve minutes rapidly. Place a square of ice in punch-bowl, and add punch. Just before serving add Apollinaris.

Club Punch.

2 cups sugar.
1 cup water.
1 cup rum.
½ cup brandy.
3 sliced oranges.
Juice 2 lemons.
½ cup Benedictine
1 quart (white) Burgundy.
1 quart Apollinaris.
1 cup strong green tea.
1 small, ripe pineapple laid in sugar six hours.
Ice.

Make syrup by boiling sugar and water ten minutes. Mix remaining ingredients, sweeten to taste with syrup, and pour in punch-bowl over block of ice.—*St. Nicholas Chef.*

Unfermented Grape Juice.

10 pounds grapes.
1 cup water.
3 pounds sugar.

Heat grapes with water in granite stewpan until skin and pulp separate. Strain through jelly-bag. Add sugar, heat to boiling-point, bottle and seal. This will make about one gallon, if grapes are fine. When served, dilute one-half.

Cherry Punch.

1 small bottle Maraschino cherries.
6 oranges.
2 lemons.
2 cups sugar.
1 cup boiling water.
2 cups cherry juice from a dark red cherry.
1 cup pineapple juice.
1 quart Apollinaris.

Proceed same as for fruit punch, making syrup with water and sugar boiled together for ten minutes. Cut one of the oranges in small pieces, and the pine in cubes, and use small bottle of Maraschino cherries to garnish the punch. Pour all on block of ice, chill and add Apollinaris. Serve in punch-cups.

Claret Cup.

1 quart Apollinaris.
1 quart claret wine.
½ cup curacoa.
1 cup orange juice.
¼ cup brandy.
Syrup to sweeten.
Crushed mint leaves.
Strawberries to garnish.

Mix ingredients, except Apollinaris, using enough sugar syrup (made by boiling two cups of sugar and one of water for fifteen minutes) to sweeten to taste. Chill by placing near ice. Add the chilled Apollinaris just before serving.

Champagne Punch.

1 quart champagne.
2 cups sugar.
1 cup water.
¼ cup brandy.
¼ cup rum.
2 tablespoons orange curacoa.
Juice 2 lemons.
2 cups green tea.
1 quart soda water.
Block ice.

Boil water and sugar to thick syrup. Mix champagne, brandy, rum, curacoa, lemon juice and tea infusion. Sweeten to taste, and pour in punch-bowl over block of ice. Just as you serve, turn on soda water.—*Chef.*

CHAPTER XXIX.

SALADS AND SALAD DRESSING.

"Serenely full, the epicure would say;
Fate can not harm me, I have dined to-day."
—*Recipe for salad, Sidney Smith.*

SALADS constitute a course at almost every table, at luncheon and dinner, and it is quite the thing now for the lady of the house to see that her salads are properly made and attractively served, and even the nursery is provided with the plain lettuce and oil. This is quite different from the times of Matilda of Flanders, who had to send a messenger into the next kingdom to get the salad greens. The varieties and combinations found in the salad-bowl of to-day are marvels in taste and beauty. The salad plants are lettuce, chicory, watercress, cabbage, corn salad, etc. In these there is but little nutriment, but they stimulate the appetite, and are cooling and refreshing, and are valuable for the water and potash salts they contain, and the nutriment is supplied by the olive oil with which we dress them. Greens for salads should always be very crisp and fresh, thoroughly washed, drained and wrapped to exclude the air and chilled on ice. The plainer salads can be dressed at table, as many prefer to have done; but it is best to have combinations dressed just as you are ready to send to table. They should never be dressed and allowed to stand. Fish, vegetables, fowl, etc., should be mixed with French dressing and stand for a time, then drained and arranged on lettuce

and more dressing added. In using several kinds of vegetables, they want to be put in French dressing in separate bowls, as the separate arrangement gives a more artistic salad. Meats for salads want to be freed from skin, bone and gristle, cut in cubes with a pair of scissors, and put into a marinade until time to drain and dress. Fish should be flaked and treated in the same way.

When salads are dressed at table, first sprinkle with salt and pepper, add oil, then the vinegar or lemon juice. If the acid is added first, it will cause the greens to wilt and the oil will settle in bottom of bowl instead of coating the leaves, and every leaf should glisten and sparkle with the oil before the acid is added.

A capon is a piece cut from the end of a French loaf and rubbed with a clove of garlic. Put in the bottom of the bowl, and tossed about with the greens, it will impart the flavor as you stir and dress the salad. The capon is often used with a vegetable salad, and adds a very agreeable flavor.

To Marinate.—In cookery, the word means to add salt, pepper, vinegar and oil, and let stand until well seasoned; then always drain, or your salad dressings, especially Mayonnaise, will be diluted and thin.

French Dressing I.

½ teaspoon salt. 1 tablespoon vinegar.
¼ teaspoon black pepper. 3 tablespoons olive oil.
Paprika.

Mix seasonings with oil, then add vinegar slowly, stirring all the while. The acid dissolves the salt and pepper, and holds the oil in emulsion.

French Dressing II.

½ teaspoon salt.
¼ teaspoon white pepper.
2 tablespoons brandy.
1 tablespoon Tarragon vinegar.
1 tablespoon lemon juice.
4 tablespoons olive oil.

Mix same as French Dressing I., adding brandy last.—*Chef.*

Boiled Cream Dressing.

⅓ cup vinegar.
2 tablespoons sugar.
1 teaspoon salt.
Yolks 3 eggs.
1 teaspoon mustard (dry).
1 tablespoon flour.
Piece butter size of walnut.
1 cup whipped cream.
White pepper.

Mix flour, sugar, mustard, salt and pepper. Add the slightly beaten yolks of eggs. Stir until well blended. Heat vinegar in small saucepan, and pour on mixture. Stir well and return to saucepan, and cook for five minutes, stirring all the while. Remove from fire, add butter, stir and cool. Add whipped cream just as you are ready to dress the salad. This is nice on cabbage, tomatoes, etc.

Cream Dressing.

½ cup thick cream.
2 tablespoons lemon juice.
½ teaspoon salt.
⅛ teaspoon white pepper.
½ teaspoon paprika.

Beat cream until stiff, using Dover egg-beater. Add salt, pepper and lemon juice, and continue the beating. Sprinkle the paprika over top of dressing. Vinegar can be used instead of the lemon juice if preferred.

Horseradish Dressing.

4 tablespoons grated horseradish.
1 tablespoon lemon juice.
1 tablespoon vinegar.
1 cup whipped cream.
Salt, a little pepper and paprika.

Curry Dressing.

½ teaspoon curry powder.
½ teaspoon salt.
¼ teaspoon pepper.
6 tablespoons olive oil.
2 tablespoons vinegar.

Mix same as French dressing.

Mayonnaise Dressing I.

Yolk 1 egg.
1 teaspoon dry mustard.
1 teaspoon salt.
Yolk 1 hard-boiled egg.
Dash cayenne.
1 teaspoon powdered sugar.
1 tablespoon lemon juice.
½ tablespoon Tarragon vinegar.
1½ cups olive oil.

Mix dry ingredients. Add yolk and beat until thick. Add oil gradually drop by drop, stirring rapidly all the while. As the mixture thickens, thin with vinegar and the lemon juice. After the mixture thickens to a jelly consistency, the oil can be added faster, but in the start too much care can not be given to the slow addition, from the fact that if added too rapidly a decidedly curdled condition will show itself in the dressing. Should this occur, the remedy is to take a fresh yolk of egg, beat until thick, and add the curdled dressing slowly to the fresh yolk. If the stirring the mixture in inside of another bowl with ice-stirring the mixture in inside of another bowl with ice-water surrounding it. The olive oil should be chilled before using for Mayonnaise. For mixing Mayonnaise a Christie mixer, or a small wooden spoon, can be used. The Mayonnaise should be stiff enough to hold its shape.

Mayonnaise Dressing II.

Yolk 1 egg.
½ teaspoon salt.
1 tablespoon vinegar.
1 teaspoon Colman's mustard.
¼ teaspoon pepper.
3 tablespoons oil.

Place all in chilled bowl. Beat very rapidly with Dover beater until all are well blended. Then add oil by the teaspoonful, with lemon juice from one-half of a lemon, until you have the amount you desire. With the first mixture you can make two (or even more) cupfuls of fine stiff Mayonnaise that will hold its shape.—*Mrs. Edward Rogers' Recipe.*

Cream Mayonnaise.

To Mayonnaise add one cup of whipped cream. It wants to be very stiff, and wants to be added to Mayonnaise just as you are preparing to serve. The point is always to keep the dressing stiff.

Green Mayonnaise.

Prepare same as Mayonnaise, and color by using expressed juice of parsley and watercress, using twice as much cress as parsley. Place leaves in mortar or bowl, and pound until the leaves are well crushed. Place in cheesecloth and squeeze out the color and add to Mayonnaise.

Red Mayonnaise.

Rub lobster coral through a sieve, and add to Mayonnaise, or tint with fruit red.

SALADS.

Dressed Lettuce.

Wash dry and thoroughly chill a fine head of lettuce. Place in salad-bowl in shape by placing outside leaves next bowl, and the tender heart leaves in the center. Serve with French dressing.

Lettuce and Tomato Salad.

Cut tomatoes in halves crosswise, take out as many of the seeds as you can without spoiling the shape of

the tomato, chill, drain and arrange on heart leaves of lettuce, forming a cup. Use a Mayonnaise dressing to garnish with, or French dressing.

Cucumber and Tomato Salad.

Remove thick slices from each end of cucumber, pare and cut in thin slices, and lay in ice-water for half an hour. Peel small, firm tomatoes, and chill. Cut into quarter-inch slices, and lay alternate slices of tomatoes and cucumbers on a pretty leaf of lettuce, and serve with French dressing, with a little grated onion or onion juice added to it, or sprinkle the top with chives cut fine.

Cucumber Cup with Lettuce.

Use a short, thick cucumber, cut in quarters cross-ways. Remove centers from pieces, arrange on cups formed from leaves of head lettuce, and fill with cream dressing made with the whipped cream and lemon juice. Sprinkle with chopped nuts.

Cucumber Salad to Serve with Fish.

Pare cucumber, cut lengthwise, and lay in ice-water for an hour. Lay flat on platter and cut into thin slices without spoiling the original shape. Surround with lettuce cut in ribbon. Dress with French dressing. Serve with fish course.

Water Cress.

Clean, drain and chill. Arrange in salad-bowl. Decorate with whites and yolks of eggs pressed through a potato-ricer. Serve with French dressing.

Celery Salad.

Wash, scrape and cut into bits rather small. Add half cup of nuts and dress with Mayonnaise or boiled

cream dressing. You can use peanuts, walnuts or pecans.

Cabbage Salad.

Use a solid head of white or purple cabbage. Cut into halves, and with sharp knife shred very fine, place in ice-water, and let stand for one hour until very crisp. Drain by using a double cheesecloth, to press it in, freeing as much as is possible from the water. Add cup of fine-cut celery. Dress with boiled cream dressing. Serve in shell made from cabbage-head. Rest on bed of parsley.

Asparagus Salad.

Use cooked or canned asparagus. Arrange on lettuce leaves, and garnish with finely cut ribbons from green and red sweet peppers. Dress with French dressing.

Potato Salad.

Use one quart of potatoes cut in balls or diced, and cook in salted water until they are done, but do not let them lose their shape. Dress with one-half teaspoon paprika, six tablespoons oil, two tablespoons grated onion or onion juice, four tablespoons vinegar, tossing all with each addition that is made. Add cup finely cut celery, and two tablespoons minced parsley. Serve on lettuce leaves. Garnish with beet root cooked and seasoned in vinegar, hard-boiled eggs, parsley and curled ends of celery. This is nice served with cold meat.

Endive Salad.

Use the center of well-bleached endive, cleaned and wiped dry. Dress with French dressing made with Tarragon vinegar. Garnish with radishes cut in slices,

and yolks of hard-boiled eggs pressed through strainer, and whites cut in fine strips.

Stuffed Tomatoes.

Select medium-sized tomatoes, plunge them into boiling water a moment until the skin can be removed. (A wire basket is best for this, as all are lifted from the water at once.) Peel them, remove the hard end, take out the seeds, and form cups. Sprinkle with salt, turn down on plate, and place in ice-box to chill. Fill with equal quantities of celery and cucumbers cut into dice, and one-third as much English walnut meats. Mix all with enough Mayonnaise dressing to moisten. Fill tomato cup, serve on lettuce leaves, and garnish with curled celery.

Salad à la Normandy.

Pare and core five nice apples; must have fine flavor. (The Baldwin is good.) Cut into Julian shapes (which are about the size of matches), and dress with oil, lemon juice, one cup whipped cream, salt and paprika. Serve on a bed of watercress. Sprinkle with minced English walnuts.

Salad Solferino.

Prepare same as potato salad, using equal quantities of pickled beets cut same shape as the potatoes. Use vinegar from the beets, and, instead of grating the onion, cut it in fine rings, and mix with salad, using a Bermuda onion. This was the salad Napoleon ordered after the battle of Solferino.

Russian Salad.

Use one and one-half cups each of cold cooked potatoes, carrots, peas and beans. Marinate each, and

place on lettuce leaves to form four sections. Mask each section with Mayonnaise. Garnish two sections with smoked salmon cut into small pieces, one with finely cut whites of hard-boiled eggs, and the remaining one with hard-boiled egg yolks forced through a strainer. Make lines of sprigs of parsley to outline the sections.

Tomato Salad with Horseradish.

Peel, chill, and cut crosswise twice good, solid tomatoes; they want to have as few seeds as possible. The Acme tomato is good for making salads. Arrange on lettuce leaves and dress with horseradish sauce. This is nice to serve with oysters.

Tomato Jelly Salad.

One quart of tomatoes stewed and strained.. Season with salt, cayenne, powdered sugar, and add two tablespoons of granulated gelatine dissolved in hot water. Pour into small cups or dariole moulds just enough to serve one person. Unmould on leaves of lettuce, and garnish with Mayonnaise dressing.

Cucumber Jelly.

Grate enough cucumbers to make two cups full. Press through strainer to remove the seeds. Add one tablespoon of granulated gelatine soaked in one-half cup of cold water and dissolved in one-half cup of boiling water, one teaspoonful of onion juice, salt and pepper, two tablespoons of vinegar, and a little cayenne. Color with leaf green, strain and mould, chill, and serve with a tomato Mayonnaise. The cucumber can be moulded so as to leave a well for the tomatoes, or you can scoop out the cucumber from the center and form one, using the jelly you scoop out to garnish the salad

with. For tomato Mayonnaise, color the Mayonnaise with tomato purée.

Egg Salad.

Use six hard-boiled eggs, cut in halves lengthwise. Remove the yolks. Put through a potato-ricer, season highly with mustard, salt and pepper, and moisten with olive oil until they can be formed into balls the size of the original yolk. Refill whites, and dress with French dressing, with onion juice added.

Waldorf Salad.

Use equal quantities of finely cut apples and crisp celery, mixed with one-third as many chopped nut meats. Moisten with a Mayonnaise dressing. Serve in cups made of red apples, by removing a piece from top, and scoop out center. Garnish with curled celery, and tops with slices of red apples cut the long ways and rubbed with piece of lemon to keep from discoloring.

Grape Salad.

Remove seed from white grapes and one-half cup English walnut meats, and pulp from one grape-fruit, and a few cherries. Dress with whipped cream seasoned with juice from the grape-fruit, salt and paprika. Serve on lettuce leaves and garnish with the cherries.

Brazilian Salad.

Remove seeds from Malaga grapes cut in halves. Add equal amount of fresh pineapple cut in cubes and same amount of tender celery cut fine. Add one-half the quantity of Brazil nuts broken in pieces. Mix thoroughly, and season with lemon juice and whipped cream.

Banana Salad.

Pare bananas, and scrape off all the stringy substance. Cut lengthwise into four strips, and cut the strips into cubes. Dress immediately with a French dressing, with plenty of paprika. Lemon juice is the best acid for the banana salad. Serve on lettuce leaves and garnish with shredded red and green sweet peppers. This is a fine salad to serve with veal.

Orange Salad for Duck.

Use three sour oranges. Peel and cut in rounds; remove all core and white outside. Arrange on flat salad-dish, laying one round to overlap the other just a little. Make egg balls with the hard-boiled yolks of eggs about as large as a partridge egg, and stone some olives—about as many as you have egg balls—and arrange in center of the platter. Sprinkle finely chopped nuts over all, and pour on good French dressing, using lemon juice for the acid. Serve this with the game course, garnished with shredded lettuce and pimentoes.

Sardine Salad.

Remove skin and bones from sardines, and mix with mashed yolks of hard-boiled eggs. Moisten with Mayonnaise, and arrange on lettuce leaves. Place a teaspoonful of Mayonnaise on each service, and dash of paprika on Mayonnaise.

Sweetbread and Cucumber Salad.

Use a pair of sweetbreads that have been cooked slowly for twenty-five minutes. Cut into cubes. Mix with equal amount of cucumbers cut into dice. Season with French dressing, and serve on lettuce leaves or in cups made from the cucumbers, and put on lettuce leaf.

Shrimp Salad.

Remove shrimps from can, cover with ice-water, and let them stand half an hour. Drain, and dry them on a towel by patting with the hand. Remove intestinal vein that extends the entire length of the shrimp. Break into pieces all but a few of the finest, which you reserve for the garnish. Add one cup of tender celery cut into small pieces. Moisten with Mayonnaise dressing, arrange on nests of leaves from a fine head of lettuce, and put a teaspoon of Mayonnaise on each nest. Lay one of the reserved shrimps on top of the Mayonnaise, with some capers and a few finely chopped nuts.

Lobster Salad.

Remove meat from shell cut into cubes, and marinate with French dressing. Reserve the lobster claws for garnish. Add one cup of very finely cut celery, using the tender stalks. Mix with a small quantity of your Mayonnaise, and arrange on lettuce leaves. Add a teaspoonful of Mayonnaise to each service, and sprinkle with lobster coral pressed through a fine sieve. Garnish with the small lobster claws.

Crab Salad in Tomatoes.

Use six medium-sized tomatoes as nearly alike as possible. Plunge into boiling water. Peel, cut piece from stem end, and scoop out all seeds. Sprinkle with salt and pepper, lay on plate so they will drain, and place in cool place. Remove the meat from hard-shell crabs; there should be one and one-half cups. Add same amount of tender celery cut into small pieces, and moisten with Mayonnaise. Wipe the tomato cups and fill with the mixture. Serve on lettuce leaves, and garnish with curled celery and olives.

Oyster Salad.

Parboil one pint of oysters, drain, chill, and remove the tough muscles. Use three grape-fruits cut in halves with small pointed knife, making the edges of each half in points. Remove the pulp, and drain on sieve. Add the grape-fruit pulp to oysters, and season with four tablespoons of tomato catsup, ten drops of Tabasco sauce, two tablespoons of lemon juice, one tablespoon of grated horseradish, one-half cup of whipped cream, one teaspoon of powdered sugar. Mix all well, and add to oysters and grape-fruit. Refill the grape-fruit cup, and rest on lettuce leaves. Garnish with shredded lettuce and red radishes cut in the shape of lilies.

Chicken Salad.

Use cold boiled or roasted fowl cut into cubes and marinated in French dressing. Add equal quantity of tender celery (if the large stalks are used, they must be scraped) cut into small pieces. Moisten with Mayonnaise, or a good cream dressing, Mayonnaise preferred. Line salad-bowl with heart leaves of lettuce, and turn in the salad mixture, mounding it in center. Garnish with yolks of hard-boiled eggs forced through potato-ricer, and a little dressing added to make them stick together, and form them into small balls. Cut the whites into rounds, rest each ball on a round of the white, and sprinkle with paprika.

Fish Salad with Cucumbers.

Season two cups of cold flaked halibut, haddock or white lake fish with salt, pepper, lemon juice and a little oil. Let it stand for at least an hour. Drain well, and add cucumbers cut into cubes. Dress with whipped cream to which have been added lemon juice, two table-

spoons of grated cucumber, one teaspoon of onion juice, and paprika. Serve on lettuce leaves with slices of cucumber to garnish.

Chicken and Sweetbread Salad.

Parboil a pair of sweetbreads twenty minutes. Drain, cool, and cut into cubes. Mix with an equal amount of cooked fowl cut into cubes. Mix and marinate with French dressing. Add one cup finely cut celery and one-half cup pecan-nuts cut fine. Moisten with cream or Mayonnaise dressing. Line salad-bowl with heart leaves of lettuce, and mound the salad in center. Garnish with small cucumber pickle cut in fancy shapes.

Cheese Salad.

Arrange a fine head of lettuce in salad-bowl in the shape it was before washing, and sprinkle thickly with Edam or pineapple cheese and some chopped nuts. Pour over all a French dressing, with plenty of oil and lemon juice.

Pimento Salad.

Use one small can of shrimp and three hard-boiled eggs. Chop eggs fine, and break shrimp in small pieces. Moisten with French dressing. Fill canned pimentoes with the salad, and serve on lettuce leaves.

Bermuda Onion Salad.

Cut a Bermuda onion in half the long way, and slice very thin, and place in ice-water for one hour. Drain and dry, and dress generously with oil until thoroughly coated. Add salt, pepper and paprika, and lastly one tablespoon of Tarragon vinegar and one tablespoon of cider vinegar. Serve on lettuce leaves, with boiled or cold meats of any kind.

CHAPTER XXX.

CANAPÉS AND SANDWICHES.

Cheese Canapés I.

Toast strips or circular pieces of bread freed from crust. Sprinkle thickly with grated cheese seasoned with salt and cayenne. Place on a shallow pan or sheet, and place in oven until cheese is melted, and serve at once.

Cheese and Mustard Canapés.

Spread strip of bread browned in butter, with mixed mustard (the French is the best), and sprinkle thickly with grated cream cheese, and sprinkle over all plenty of finely chopped egg whites and parsley minced.

Anchovy Canapés.

Spread circular pieces of toasted bread with anchovy butter, and chop separately whites and yolks of hard-cooked eggs. Cover canapés in sections with alternate yolks and whites of the eggs, making two divisions with the anchovies split in two lengthwise.

Sardine Canapés.

Spread strips of bread browned in frying-pan in butter, with the sardine paste. Prepare the paste by removing the skin and bone from the sardine and adding a small quantity of creamed butter. Season with Worcestershire sauce, cayenne and a little lemon juice. Garnish center of each with olive with stone removed and cavity filled with the sardine mixture. Form border round each with minced whites and yolks of eggs.

Caviare Canapés.

Toast rounds of bread, and place on top of each round a ring cut from hard-boiled white of egg. Fill the rings with caviare, and form border round all with finely chopped cucumber mixed with the strained yolks of eggs. Mix the cucumber with enough French dressing to season before forming border.

Boston brown bread can be used for the above canapés, if preferred.

Lobster Canapés.

Use pieces of bread cut into diamond shapes about one-fourth inch thick. Spread with butter and brown in oven. Spread with a thin layer of Mayonnaise dressing, and on top of this spread a layer of lobster meat pounded fine and mixed with yolks of hard-boiled eggs, seasoned with salt and paprika, and moistened with a tablespoon of thick cream. Spread and serve.

There is a great variety of fancy garnishing used for canapés, but you can get these only in cafés and fancy hotel cooking. I am only giving you the plainer canapés.

SANDWICHES.

There is nothing so fascinating to a real hungry person as a plate of sandwiches, with the bread cut so thin you can see the color of the filling through. The Earl of Sandwich is greatly to be thanked for having invented this dainty dish, which has immortalized him, for we shall certainly always serve "sandwiches" made of no end of things that will combine. The Earl's was a piece of meat between two pieces of bread.

Bread for sandwiches cuts better when a day old. Cut slices as thin as possible, and remove all crusts.

If butter is used, cream the butter, and spread the bread before cutting from the loaf. Sandwiches prepared before using can be kept fresh by wrapping in damp napkin, and kept in a cool place. Serve sandwiches piled on plate covered with a doily.

Rolled Bread.

Use for this, fresh, warm bread cut very thin with a sharp knife. Spread with creamed butter, and tie each one with baby ribbon to keep them in shape. They want to be served at once to have the ribbon in condition.

Bread and Butter Folds.

Cut slices from loaf as thin and even as possible. Spread with creamed butter. Remove crusts, put together in pairs, and cut into oblongs, squares or triangles, as the taste suggests. Any bread you like can be used for these folds. The entire wheat, Graham and brown breads are all fine.

Egg Sandwiches.

For these use hard-boiled eggs. Chop the whites fine, and press the yolks through a potato-ricer. Mix whites and yolks, season with salt and pepper, and moisten with Mayonnaise or cream dressing. Butter slices of bread and spread the mixture between. Press each piece as you place on top.

Chopped Ham Sandwiches.

Prepare bread as for bread and butter folds, and spread with finely chopped cold boiled ham, moistened with cream or Mayonnaise dressing.

Chicken Sandwiches.

Use cold boiled chicken moistened with Mayonnaise; butter the bread with Mayonnaise, and lay a leaf of lettuce on top after spreading with the chicken mixture. Have lettuce a little larger than the bread, so the green will show when top is pressed on.

Sardine Sandwiches.

Remove skin and bones, and mash to fine paste. Add equal amount of yolks of hard-boiled eggs pressed through a sieve, and season with lemon juice, salt and cayenne. Moisten with olive oil. Spread between slices of buttered bread.

Lobster Sandwiches.

Mince lobster meat very fine, and add to it an equal amount of hard-boiled yolks of eggs pressed through a potato-ricer. Season with lemon juice, made mustard, cayenne and salt, and moisten with cream dressing. Spread on a large leaf of French curly lettuce, roll and tie with ribbon. Serve with brown bread folds.

Oyster Sandwiches.

Arrange fried oysters on crisp leaves of lettuce, allowing one leaf and two oysters to each sandwich. Use Graham bread buttered and prepared same as any sandwich. A little horseradish added to the butter as you cream it makes a nice relish with the oyster.

Ginger Sandwiches.

Prepare bread same as for any sandwich, and lay thin slices of Canton ginger on bread. Press on top.

Japanese Sandwich.

Cook figs until skins are tender. Drain and cool. Chop very fine and add an equal amount of ground nuts. Prepare bread same as for any sandwich, and spread with fruit and nut mixture. Serve at "Japanese tea."

Orange Sandwiches.

For this purpose use entire wheat bread, twenty-four hours old. Spread evenly with creamed butter, then with orange marmalade and some finely minced nuts sprinkled on the marmalade, and top pressed on.

Cottage Cheese and Cress Sandwiches.

Chop cress and mix with cheese. Season with salt and paprika. Moisten with thick cream.

CHAPTER XXXI.

GINGERBREAD, COOKIES AND WAFERS.

Sour Milk Gingerbread.

1 cup molasses.
1 cup sour milk or cream.
2⅓ cups flour.
1½ teaspoons soda.
2 teaspoons ginger.
½ teaspoon salt.
⅓ cup melted butter.

Mix together soda, sour milk and molasses. Add together all the dry ingredients, stirring until well mixed. Add milk and molasses, beat vigorously for a few moments, and turn into shallow pans. Bake in moderate oven twenty-five to thirty minutes. Nice served hot.

Soft Molasses Gingerbread.

1 cup molasses.
½ cup butter.
1½ teaspoons soda.
½ cup sour milk.
1 egg.
2 cups flour.
2 teaspoons ginger.
½ teaspoon salt.

Put butter and molasses in saucepan, and cook until boiling-point is reached. Remove from fire, add soda, and beat vigorously. Then add milk, egg beaten until light, and the flour, ginger and salt mixed well together. Bake for fifteen minutes in shallow tin pans, filling pans two-thirds full.

Sugar Gingerbread.

1 cup sugar.
2 cups flour.
2 teaspoons baking-powder.
2 eggs.
1½ teaspoons ginger.
¾ cup thin cream.
½ teaspoon salt.

Beat eggs until light, without separating. Add sugar gradually. Mix dry ingredients well, and add cream and dry ingredients. Beat thoroughly, turn into buttered muffin-tins, and bake in moderate oven. It will take about twenty-five minutes. Fill tins about half full.

Ginger Snaps.

1 cup molasses.
½ cup butter.
3¼ cups flour.
¾ teaspoon soda.
1 tablespoon ginger.
1 teaspoon salt.

Heat molasses to boiling-point, and pour over the shortening. Mix dry ingredients, and add to molasses and butter. Chill, and turn one-third of the mixture onto well-floured board. Roll as thin as possible; shape with round cutter dipped in flour. Place near together on buttered tins, and bake in moderate oven. Gather up trimming, and with more of the mixture continue rolling and baking until all are done. Keep dough cool while baking.

Vanilla Wafers.

½ cup butter.
1 cup sugar.
2 eggs.
2 cups flour.
2 teaspoons baking-powder.
2 tablespoons cream.
2 teaspoons vanilla.

Cream butter, and add sugar slowly, eggs well beaten, cream and vanilla. Mix dry ingredients, and add to first mixture. Roll, shape, and bake same as ginger snaps.

Hermits.

⅓ cup butter.
⅔ cup sugar.
1 egg.
2 tablespoons cream.
1¾ cups flour.
2 teaspoons baking-powder.
½ cup raisins cut into pieces.
½ teaspoon cinnamon.
¼ teaspoon mace.
A grating nutmeg.

Cream butter, add sugar slowly, and then the raisins. Mix dry ingredients and add to first mixture. Roll a little thicker than for vanilla wafers. Shape and bake same as vanilla wafers.

Almond Cookies.

½ cup butter.
2 eggs.
⅓ cup almonds, blanched and chopped fine.
¾ cup sugar.
Grated rind ½ lemon.
3 tablespoons brandy.
2¼ cups flour.
2 teaspoons baking-powder.
¼ teaspoon salt.

Cream butter and add sugar, eggs well beaten, almonds, brandy, flour and baking-powder (if liked, a little cinnamon and nutmeg can be added). Roll mixture to one-quarter inch in thickness. Shape with cutter dipped in flour. Bake in slow oven. All small cakes cook more evenly when placed on buttered sheets, especially in cooking with gas.

Chocolate Cookies.

½ cup butter.
1 cup sugar.
2 eggs.
2½ cups flour.
2 ounces Baker's chocolate.
2 teaspoons baking-powder.
¼ cup milk or cream.
¼ teaspoon salt.

Cream butter, add sugar slowly, and eggs beaten until light, without separating, chocolate grated. Add flour and baking-powder well mixed, and milk, alternately. Chill, roll very thin, and shape with round cutter. Place on buttered tin sheets, and bake in moderate oven.

Nut Cookies.

2 egg yolks.
1 cup light brown sugar.
1 cup chopped nuts.
Whites 2 eggs.
6 tablespoons flour.
1 teaspoon baking-powder.
Pinch salt.

Beat yolks until lemon color, and add sugar, nut meats, whites of eggs beaten stiff, flour, baking-powder and salt, mixed. Drop from tip of the spoon onto buttered sheet. Spread, and bake in slow oven.

Sand Tarts.

½ cup butter.
1 cup sugar.
1 egg.
1¾ cups flour.
2 teaspoons baking-powder.
White 1 egg.
Blanched almonds.
1 tablespoon sugar.

Cream butter, add sugar slowly, and egg well beaten. Then add flour mixed with baking-powder. Chill, toss on well-floured board, using half the mixture at a rolling, and roll to one-eighth inch thick. Shape with doughnut-cutter, and brush over with white of egg and sugar. Shred almonds, and arrange at equal distances round the tart. Place on buttered sheets, and bake in slow oven.

Rolled Wafers.

¼ cup butter.
½ cup powdered sugar.
¼ cup milk.
⅞ cup bread flour.
½ teaspoon vanilla.

Cream butter, add sugar slowly, milk drop by drop, then the flour and flavoring. Invert a dripping-pan, butter, and with a broad-bladed knife spread the mixture very thin. Crease in squares three inches in size, and bake in slow oven until a delicate brown. Remove, and roll while warm in cornucopia or tubular shape, and tie with narrow ribbon.

Nut Macaroons.

Whites 2 eggs.
2 cups brown sugar.
2 cups pecan-nuts, finely chopped
½ teaspoon salt.

Beat whites of eggs until stiff; add gradually the sugar, beating all the while. Fold in the finely chopped nut meats, sprinkled with the salt. Drop from tip of the spoon on buttered sheets of paper one inch apart. Bake in moderate oven until brown.

Seed Cake.

Use recipe for cocoanut cookies, using one tablespoonful of caraway seed instead of the cocoanut.

CHAPTER XXXII.

CAKES.

THERE are two kinds of cake mixtures, and the numerous varieties of cake all over the world come under one of these two heads—cakes with butter and cakes without butter. Those without butter include all the sponge-cake family, while those with butter include the cup and pound cake mixtures. In cake-making we want good material, correct measuring, knowledge of how to combine the ingredients, and proper pans, properly prepared, and, above all, an oven with heat so regulated that the cake will be a success, for the best prepared cake can be entirely spoiled in the baking. The material required is good butter, fine granulated sugar, fresh eggs and pastry flour. Too much flour will cause the cake to burst on top; too little will cause it to fall.

In cake-baking we make varieties by different icing, fruits, nuts, etc., more than we do in the different batters we make them of. If you have a good recipe for a layer cake, you can make no end of different cakes by using different frostings, fruits, nuts, and different ways of arranging them.

To Mix Sponge Cake.

Prepare your pans and set aside. Separate eggs, putting yolks in mixing-bowl and whites on platter. Measure sugar, sift and measure flour, and add baking-powder to flour. You can sift or stir thoroughly, grate

rind and add juice of lemon, or get ready to hand whatever flavor you intend to use. If hot water is to be used, see to it that there is some on stove before beginning the work of putting the cake together. Begin by first beating whites until stiff and dry, then beat yolk until thick and lemon color, adding the sugar as you beat. Add juice and rind of the lemon, the boiling water, then fold in the beaten whites and the flour. Fold and cut until flour and eggs are well incorporated, but no longer. Turn into your prepared pans, and place in oven.

To Mix Butter Cakes.—Use an earthen bowl, if possible, for the mixing of butter cakes, and a wooden spoon. The spoon without the slits is preferred. Measure the dry ingredients, flour, baking-powder, sugar and butter, and separate the eggs. If the butter is hard, pour some boiling water in the mixing-bowl and let it stand for a few moments. Turn out and put the butter in at once. Cut into small pieces, and let it stand for a few moments to soften before creaming. Stir butter until soft and very creamy, then add sugar slowly and continue the stirring. Separate the eggs, and if yolks are to be used, beat them until thick, and whites until stiff and dry. Add and fold in yolks, then whites, folding lightly, then the flour in same way. When all ingredients are added, beat vigorously for a few moments, and turn into pans that have been prepared, by buttering and lining with paraffin paper.

If this method is used in cake-making, the work is quickly accomplished, and one measure-cup will answer for all, by first measuring flour, sugar, butter, and then the milk or water, whichever is to be used. A fine-grained cake is made by long beating, and you must use care to have the butter and sugar well creamed,

for this is the foundation of the cake. The sugar wants to be dissolved in the butter. Never stir cake after the final beating.

Fruit, when added to cake, is usually floured to prevent its settling to the bottom. This precaution is not necessary if added directly after the sugar, which is usually done in the case of dark fruit-cake. Citron is first cut into slices, then into strips, floured and put in between layers of the cake mixture. Raisins are cleaned, seeded and cut (not chopped). The raisins and currants come in packages cleaned and ready for use.

To Butter and Fill Pans.—Put butter in small saucepan, and place on warm part of range where it will melt and salt settle to bottom. Use soft piece of paper, and rub the pan so that every part will be well buttered. Line with soft paper (paraffin is the best); this protects bottom of cake in case oven is a little hot, and makes it come out of pan easily, and gives a nice surface for the frosting. In lining only cover the bottom of pan; it is not necessary to butter paper if pan is well buttered; as soon as the heat of the oven strikes it, the butter strikes right through the paper. Fill pans two-thirds full of the cake mixture, and draw the dough well to the sides and corners, leaving a slight depression in center; this will give a flat top.

To Bake Cake.—The baking of cake is as important as the mixing, and the best of cake is often spoiled in the baking. The gas stove is the way to be sure of your cake, as the cook can control the heat to any degree she desires, if she is at all experienced. The oven thermometer has not as yet proved a success, while the hand of an experienced cook is a never-failing guide.

In baking cake a good way to do is to divide the

time required to bake the cakes into quarters. During the first quarter it begins to rise; during the second it continues rising and begins to brown; the third quarter it continues browning; the fourth quarter it finishes browning and shrinks from sides of pans. Look at cake often during the baking, opening and closing door carefully, so as not to jar the cake. Pound cake is tested by pressing the finger lightly on top. If cake feels firm to touch and the finger leaves no indentation, the cake is done, and it will be safe to remove it from the oven. If your oven is too slow, the cake will run over the sides of pans and be coarse-grained; on the other hand, should the oven be too hot, the cake will crust before it has fully risen, and the continued rising will cause it to crack on top and will make an unsightly loaf. This will also occur if there is too much flour. For the family of small and layer cakes the oven wants to be hotter.

If cakes are to be frosted, have frosting ready. When cakes are done baking, take from oven, remove from pan, and rest on piece of brown paper. Turn out each layer as you are ready, and frost. Turn loaf cakes out on wire cake-rest, and cool. The cake being a little warm does not make any difference in the frosting, but it does not have to be hot; but in most cases I find the warm cake is the best.

Hot Water Sponge Cake.

6 egg whites and yolks, beaten separately.
2 cups sugar.
2 cups flour.
Grated juice and rind ½ lemon.
⅓ cup boiling water.
2 teaspoons baking-powder.
Pinch salt.

Have eggs cold. Separate; place yolks in mixing-bowl and whites on platter. Measure flour and baking-

powder; mix well. Measure sugar, grate the thin outside of lemon, and add juice to it. Have pans buttered and lined. Beat whites until stiff and dry, and yolks until thick and lemon color. Add lemon juice and rind, then the third cup of boiling water. Fold in the whites, then the flour. Fold and beat until well incorporated. Turn into pan and bake in moderate oven. This is good for loaf or for sponge sheets, to be rolled or cut into fancy shapes. If a jelly roll is to be made, moisten towel and turn cake on it. Spread with jelly and roll at once while still warm.

Cream Sponge Cake.

4 eggs, yolks and whites beaten separately.
1 cup sugar.
2 tablespoons cornstarch, and flour to finish filling the cup.
2 teaspoons baking-powder.
1 teaspoon grated rind of lemon.
Pinch salt.
3 tablespoons cold water.

Beat whites until stiff and dry, and yolks until thick and lemon color. Add sugar and beat again. Then add water and grated lemon peel. Fold in whites of eggs, then the flour, and cornstarch and baking-powder sifted together. Mix all together thoroughly by folding. Turn into buttered and lined pans. Bake thirty minutes.

Angel Food.

1 cup whites of eggs.
1¼ cups sugar.
1 cup flour.
1 teaspoon cream of tartar.
¼ teaspoon salt.
1 teaspoon vanilla.

Beat whites until frothy, add cream of tartar, and continue beating until stiff and dry. Then add sugar gradually. Fold in flour and salt, and add vanilla. Turn into a square or round pan without buttering,

and bake for forty to fifty minutes in slow oven. The cake must not begin to brown until it has been in oven for twenty-five minutes; by this time it will have raised to its full height. The point in the angel food is in the baking, but with the gas cooking of the present day this can be accomplished perfectly. In preparing the flour for angel food I only sift once, as I consider it time wasted to sift oftener.

Sunshine Cake.

Whites 10 eggs.
1½ cups powdered sugar.
Yolks 7 eggs.
1 teaspoon grated rind of lemon.
1 cup flour.
1 teaspoon cream of tartar.

Beat whites until frothy, add cream of tartar, and continue beating until stiff and dry. Add the grated rind of the lemon, add sugar, folding in lightly, then yolks beaten until thick and lemon color; then the flour. Bake in angel food pan for forty minutes in slow oven, allowing the first fifteen minutes for the rising. Cool cake with pan reversed, same as angel food.

Lady-fingers.

Whites 3 eggs.
Yolks 2 eggs.
½ teaspoon vanilla.
⅓ cup powdered sugar.
⅓ cup flour.
Pinch salt.

Beat whites until stiff and dry, add sugar gradually, and continue beating. Then add yolks beaten until very thick. Add flavoring, and fold in flour and salt, well mixed. Then, with pastry bag and tube, shape into four and one-half inches long and one inch wide, making them narrow in the center on a tin sheet, covered with unbuttered paper. Sprinkle with powdered sugar, and bake eight minutes in rather moderate oven. Remove with broad, thin-bladed knife.

Sponge Drops.

Use lady-finger mixture, and drop from point of spoon on tin sheet covered with paper. Sprinkle with powdered sugar and bake same as lady-fingers. Two can be put together by using whites of eggs while they are a little warm.

Jelly Roll.

3 eggs.
1 cup sugar.
1 tablespoon water.
1 cup flour.
1 rounding teaspoon baking-powder.
1 tablespoon melted butter.
Pinch salt.

Separate eggs, beat whites until stiff and dry, and yolks until thick and lemon color. Add sugar to yolks, and continue beating, then add the water, then the butter, then the beaten whites, then the flour with baking-powder well mixed. Fold and beat until all is well blended, and turn into a buttered and papered pan, spreading evenly on the bottom, using care not to have the cake too thick when it comes out. Turn onto a cloth slightly dampened or paper sprinkled with powdered sugar. Cut a strip from edge and spread with jelly that has been warmed and beaten to a consistency to spread easily, and roll. After rolling roll, cloth or paper should remain around roll untill well shaped before removing. Jam can be used instead of the jelly. A marmalade made of figs and raisins, with lemon juice added, is fine for this roll, and is good food for children.

CHAPTER XXXIII.

CAKES MADE WITH BUTTER.

One-egg Cake.

¼ cup butter.
½ cup sugar.
½ cup milk.
1 egg.
1½ cups flour.
2 teaspoons baking-powder.

Cream butter and add sugar gradually, then the milk with two tablespoons of flour, next the egg well beaten, then the flour with baking-powder well mixed with it. Bake thirty minutes in shallow pan, and cover with cold orange or lemon frosting, or serve cut into squares as a plain cake. In cooking in high altitudes, use less butter and more flour and eggs, especially in baking loaf cakes; but cakes baked in layers can be made richer.

Rocky Mountain Cake.

1 cup sugar.
½ cup butter.
2 cups flour.
2 teaspoons baking-powder.
½ cup milk.
3 eggs.
¼ teaspoon salt.

Cream butter and add sugar slowly, and stir until well creamed, then add milk with two tablespoons of flour, then yolks of eggs well beaten, then whites beaten until stiff, then flour with baking-powder and salt. Beat thoroughly, and bake in loaf or in two layers, and put together with orange frosting.

Orange Cake.

⅓ cup butter.
1 cup sugar.
⅓ cup milk.
2 cups flour.
2 teaspoons baking-powder.
Pinch salt.
2 eggs well beaten.

Cream butter, add sugar slowly, and continue stirring. Add milk, with two tablespoons of flour, then the eggs beaten until very light, without separating; next the flour, with baking-powder and salt mixed well together. Bake in two square layer pans, fill with orange filling, and cover with orange frosting.

Orange Filling.—One-half cup sugar, two and one-half tablespoons flour, grated rind from half an orange, one-fourth cup orange juice, one tablespoon lemon juice, yolks of two eggs slightly beaten, and a small piece of butter. Mix all, and cook in double boiler until thick.

Orange Frosting.—Grated rind of one orange, with two tablespoons of orange juice, one tablespoon of lemon juice, one teaspoon of good brandy, yolk of one egg. Beat egg until light and thick; add brandy, then the orange juice and grated rind and lemon juice. Beat in confectioners' sugar until stiff enough to spread.

Delicate White Cake.

Whites 4 eggs.
½ cup butter.
½ cup water.
1 cup sugar.
2 cups flour, sifted.
2 teaspoons baking-powder.
Pinch salt.

Cream butter, add sugar gradually, beating all the while, then add the water slowly, with two tablespoons of flour. Fold in the well-beaten whites of eggs, then add the remaining two cups of flour with baking-powder mixed with it. Fold until well mixed, and beat hard for a moment, and turn into buttered and

papered pans (square ones preferred), and place in moderate oven and bake until cake leaves side of pans. Put together with opera caramel frosting. As the caramel cools and gets hard, mark top with thread where it is to be cut. This prevents the icing from breaking as you cut the cake.

Chocolate Cake.

2 eggs.
½ cup butter.
1½ cups flour.
½ cup milk.
2 teaspoons baking-powder.
2 ounces grated chocolate.
1 teaspoon vanilla.

Separate eggs, beat whites until stiff and dry, and add yolks until thick. Cream butter, add sugar slowly, and yolks of the beaten eggs. Add milk and flour mixed with the baking-powder and whites of eggs, then the grated chocolate and vanilla. Bake in buttered and papered pan for thirty-five minutes. Cover with boiled frosting flavored with vanilla.

Devil's Food.

½ cup butter.
2 cups sugar.
4 eggs.
1 cup milk.
2¼ cups flour.
3 teaspoons baking-powder.
2 squares Baker's chocolate.
1 teaspoon vanilla.

Separate eggs, beat whites until stiff and yolks until thick. Cream butter, and add one cup of the sugar. Add the remaining sugar to the beaten yolks, combine the mixture, and add the milk alternately with the flour and baking-powder mixed; then the beaten whites of the eggs, chocolate melted and vanilla. Bake forty-five minutes in angel food cake-pan, and cover with white mountain icing.

Chocolate Marshmallow Cake.

Follow rule for chocolate cake, and as soon as cake is taken from oven, having bottom up, cover with marshmallows pulled open with the fingers, but do not pull them entirely apart. The soft inside of the marshmallow will adhere to the warm surface of the cake, and pour over all a chocolate frosting flavored with vanilla.

Orange Puffs.

⅓ cup butter.
1 cup sugar.
2 cups flour.
⅓ cup milk.
2 teaspoons baking-powder.
Yolks 3 eggs.
1 whole egg.
Grated rind ½ orange.

Cream butter, add sugar slowly, and beat all the while. When very creamy add milk a little at a time, and the eggs beaten very light without separating, then the grated orange peel, and, lastly, the flour and baking-powder mixed together. Ice tops with orange frosting.

Lemon Queens.

½ cup butter.
1 cup sugar.
Grated rind 1 lemon.
1 tablespoon lemon juice.
Yolks 4 eggs.
2 cups flour.
¼ teaspoon soda.
Whites 4 eggs.
Pinch salt.

Cream butter, add sugar slowly, and continue beating. Then add the grated rind of the lemon with the juice, then the yolks of eggs well beaten, then the flour with soda mixed with it, then the whites beaten very stiff and dry. Bake in small tins until done, turn out, and frost bottom with white mountain frosting.

Pound Cake.

1 pound butter.
1 pound sugar.
1 pound flour.
10 eggs, whites and yolks beaten separately.
½ teaspoon mace.
⅓ cup brandy.

Cream butter, add sugar gradually, beating well between each addition. When very light and creamy, add yolks beaten until thick and lemon color, then the brandy and mace, then the whites of eggs beaten stiff and dry, then the flour. Beat very hard for a few moments. Bake in deep pan one hour and a quarter in slow oven, or, if wanted for fancy ornamental cake, bake in layer cake-pans that have been buttered and lined with paper. Any pan in which pound cake is baked wants to be buttered and lined. The sheets of pound cake are cut into fancy shapes with small cutters, and glazed with egg and powdered sugar, and iced with fancy icings tinted with coloring.

Wedding Cake.

1 pound butter.
1 pound sugar.
1 pound flour.
12 eggs.
2 teaspoons cinnamon.
½ teaspoon allspice.
1 teaspoon nutmeg.
1 teaspoon mace.
¼ teaspoon cloves.
3 pounds raisins.
3 pounds currants.
1 pound citron, cut fine.
1 pound figs, chopped.
⅓ cup brandy.
⅓ cup wine.
½ cup molasses.
1 teaspoon soda.

Cream butter, add sugar, and beat thoroughly. Separate eggs, beat yolks until lemon color and whites until stiff and dry, and add to first mixture. Add flour (excepting one-third cup to dredge the fruit) mixed and sifted with the spices and soda, then add the

brandy, molasses and wine; then add the fruit, except the sliced citron, which is put in layers as you fill the pans. When all is in except the citron, beat very hard for a few moments. Put into brick-shaped pans, adding the citron. Steam same as fruit-cake. This cake keeps any length of time.

Perfection Cake.

½ cup butter.
1½ cups sugar.
½ cup cold water.
1½ cups flour.
½ cup cornstarch.
3 teaspoons baking-powder.
Yolks 4 eggs.
Whites 4 eggs.
½ cup almonds, blanched and shredded.

Pinch salt in eggs.

Cream butter, add sugar slowly, and beat until very light. Add water, mix and sift flour, baking-powder and cornstarch. Add yolks of eggs beaten very light, then whites beaten stiff and dry, then the flour, cornstarch and baking-powder. Put into buttered pans lined with paper, sprinkle with the shredded almonds and powdered sugar, and bake in a moderate oven for thirty-five or forty minutes. This will make two squares, and is a very delicate cake.

Citron Cake.

½ cup butter.
1 cup sugar.
3 eggs.
½ cup water.
2 cups flour.
2 tablespoons brandy.
1½ cups citron, cut thin and shredded.

2 teaspoons baking-powder.

Cream butter, add sugar slowly, and beat well. Then add beaten yolks of eggs, water, whites beaten stiff, flour with baking-powder, then the brandy and citron. Bake in loaf.

Nut Cakes.

½ pound English walnut meats, chopped fine.
½ pound brown sugar.
½ teaspoon baking-powder.
1 saltspoon salt.
½ cup flour.
3 whites of eggs.

Pound nut meats and mix with flour. Beat egg whites until stiff and yolks until lemon color and thick. Drop on tin sheet on buttered paper, allowing tablespoonful to each cake.

Gold Cake.

½ cup butter.
1 cup sugar.
½ cup water.
2 cups flour.
2 teaspoons baking-powder.
Yolks 6 eggs.
Grated rind ½ orange.

Cream butter, add sugar slowly, water little at a time, and stir in two tablespoons of the flour. Then add the yolks beaten until thick and light, then the orange peel and flour, and beat hard for a few moments. Bake in loaves or layers. If baked in loaves, sliced citron is nice in it.

My Lady Baltimore.

½ cup butter.
1 cup sugar.
½ cup water.
2 cups flour.
Whites 4 eggs.
2 teaspoons baking-powder.
Bitter almond to flavor.

Follow directions for mixing white cake, and bake in two square layer pans buttered and papered.

Filling for Lady Baltimore Cake.

2 cups of granulated sugar.
½ cup water.
¼ teaspoon cream of tartar.
½ cup chopped figs.
Whites 2 eggs, beaten until stiff and dry.
½ cup chopped nut meats.
½ cup chopped raisins.
¼ pound candied cherries, cut in halves.

Add cream of tartar to sugar, and stir; then add water and stir again, so sugar will not adhere to bottom of saucepan. Place on hot part of range and cook until it threads. Remove at once and pour slowly on the beaten whites of eggs. Beat until cool and it will spread nicely. Add fruit and nuts to enough of the icing to spread between the layers. Cover top and sides with remaining icing, and dot in lines on top and sides, with the candied cherries.

Ribbon Cake.

Use rule for Lady Baltimore, and divide batter when finished into two parts. Color one-half a pale lavender and the other a delicate pink with Burnet's colorings, using the damask rose for the pink, and always be careful in coloring food not to get color too deep. Frost this cake with lemon frosting.

Cream Cakes.

½ cup butter.
1 cup boiling water.
4 eggs.
1 cup flour.

Place water and butter in saucepan on hot part of the range. As soon as boiling-point is reached, add flour all at once and stir rapidly until well mixed. Remove from fire and add unbeaten eggs, beating between each addition until well mixed and blended. Drop by spoonfuls on well-buttered sheets, allowing one and one-half inches between. Shape with spoon; have as nearly circular as possible. Have the mixture slightly piled in the center. Bake in moderate oven for about twenty-five minutes, or it may require thirty, according to heat of oven. With a pointed, sharp knife make a cut large enough to admit of filling. Fill with cream filling flavored with vanilla. The above amount

will make from fifteen to eighteen cakes, according to size. If the cakes are taken from oven before thoroughly done, they will fall.

Éclairs.

Use cream cake mixture, and shape four inches long and one inch wide. This is done by using pastry bag and tube. Bake for twenty-five minutes, in moderate oven. Split on side and fill with any cream you like—vanilla, chocolate or coffee cream filling. Frost with fondant frosting by dipping éclairs in while frosting is hot. and, if chocolate is desired, add melted chocolate to hot fondant.

Fruit Cake.

½ pound butter.
½ pound flour.
½ pound brown sugar.
5 eggs.
½ pound cherries.
3 pounds raisins.
½ pound figs.
2 teaspoons baking-powder.
½ cup preserves.
½ cup whisky.
1 teaspoon each of cloves, cinnamon, mace and nutmeg.
½ pound candied pineapple.
½ pound each of pecans, walnuts and almonds.

Follow rule for making pound cake. Sift spices and baking-powder with flour, and chop nuts fine. They can be ground in food-chopper or cut with sharp knife.

CHAPTER XXXIV.

CAKE FILLINGS AND FROSTINGS.

Cream Filling I.

1 cup sugar.
⅓ cup flour.
Yolks 3 eggs.
2 cups scalded milk.
⅛ teaspoon salt.
1 teaspoon vanilla.

Mix dry ingredients, add eggs beaten slightly, and reserve half of the milk cold and mix with the above. Pour on the scalded milk. Return to double boiler and cook for fifteen minutes, stirring all the time until the mixture becomes thick; after that, every few moments. Cool and flavor. Should there be lumps, strain through a sieve.

Chocolate Cream Filling.

Add two squares of unsweetened chocolate (melted in saucepan) to Cream Filling I.

Cream Filling with Strawberries.

1 cup whipping cream.
⅓ cup powdered sugar.
White 1 egg.
½ cup strawberries.
1 teaspoon lemon juice.

Beat cream until thick to bottom with Dover egg-beater. Add sugar and white of egg beaten until stiff and dry. The strawberries crushed fine with the lemon juice.

Date Filling.

1½ cups dates, cut into small pieces.
1 cup whipped cream.
⅓ cup pecan-nuts, cut fine.
⅓ cup powdered sugar.
1 tablespoon lemon juice.

Pour hot water over dates, remove stones and dry perfectly dry, as any water adhering to them will spoil the cream. Cut, add nut meats, lemon juice and sugar. Fold into the whipped cream, and spread between layers of cake.

Cocoanut Filling.

Whites 2 eggs.
1 cup fresh-grated cocoanut.
Enough powdered sugar to make it spread.

Beat whites of eggs until stiff, and add sugar until it will spread nicely. Spread over cake, and sprinkle thickly with the cocoanut.

Chocolate Filling.

3 squares chocolate.
1¼ cups powdered sugar.
2 tablespoons milk.
2 egg yolks.
1 teaspoon vanilla.

Melt chocolate over hot water, add milk and half the sugar. Beat yolks slightly, add remaining half-cup of sugar to eggs, and combine the two. Turn in double boiler and cook all until it thickens, stirring all the while to keep the mixture smooth. Cool, flavor and spread.

Lemon Filling.

1 cup sugar.
2 tablespoons flour.
Grated rind 1 lemon.
¼ cup lemon juice.
2 eggs.
Butter size of walnut.

Mix sugar, flour, grated rind of lemon and lemon juice, and egg beaten slightly. Put butter in saucepan, and when melted add the mixture, using care that it does not catch on bottom of saucepan. When boiling-point is reached, the mixture will be done. Remove and cool, then spread.

Fig Filling.

½ pound figs, chopped fine.
1 cup sugar.
½ cup boiling water.
Juice 1 lemon.
½ cup nut meats, chopped.

Run figs through meat-chopper. Cook until skins are tender. Add sugar and lemon juice. Mix well, and spread with broad knife.

Red Raspberry Frosting.

One cup of red raspberries, strained through a fine strainer to free from seeds, and one tablespoon of lemon juice. To fruit juice add enough confectioners' sugar to spread. The sugar is not measured, but always sifted until free from lumps. Spread with broad-bladed knife between cake layers and on top.

Strawberry Frosting.

Make same as the red raspberry, selecting a bright red berry to have the frosting a good color. Blackberry, currant and any fruit juice can be prepared in the same way.

Orange Frosting.

Grated rind 1 orange.
Juice ½ lemon.
Yolk 1 egg.
2 tablespoons orange juice.
1 tablespoon brandy or sherry wine.
Confectioner's sugar.

Add grated rind to fruit juice and brandy, and let stand for half an hour. Strain and add the beaten yolk of egg. Add enough confectioner's sugar to spread nicely. Stir hard and rapidly until it becomes glossy. This can be used between layers and on top.

Lemon Frosting.

Prepare same as orange frosting, using the grated rind of the lemon and the juice with the tablespoonful of brandy.

Plain White Frosting.

White 1 egg.
1 tablespoon cold water.
1 cup confectioner's sugar.
1 teaspoon vanilla, or a little grated rind of lemon with tablespoon of the juice.

Beat white of egg until stiff; add water and sugar. Beat very hard until smooth and glossy-looking. Strain rind out of lemon juice, and add to the frosting. Use more sugar if necessary, and spread with broad knife.

Pineapple Filling.

1 cup whipped cream.
1 cup grated pineapple.
1 cup powdered sugar.

Mix ingredients and spread between layers of cake. Frost top with plain white frosting.

Chocolate Frosting.

2 squares Baker's chocolate.
½ cup scalded cream.
Yolks 2 eggs.
1 teaspoon melted butter.
Pinch salt.
1 teaspoon vanilla.
Confectioner's sugar to spread.

Melt chocolate over hot water; add cream, salt, yolks of eggs and butter. Stir in sugar, and continue the stirring for a few moments until glossy and the right consistency to spread, then add vanilla.

White Mountain Cream.

2 cups sugar.
½ cup boiling water.
Whites 2 eggs, beaten stiff and dry.
¼ tablespoon lemon juice.
¼ teaspoon cream of tartar.
1 teaspoon vanilla.
Few grains salt in whites of eggs.

Put sugar in saucepan, add cream of tartar, pour on water, and stir well to dissolve sugar as nearly as possible. Heat to boiling-point. Boil without stirring until it threads when dropped from point of spoon. Remove from fire as soon as the thread appears, and pour gradually on the well-beaten whites. Continue beating until right consistency to spread. Add flavoring, and spread on cake. Smooth with broad-bladed knife. If frosting is not beaten enough, it will run. If beaten too long, add a few drops of lemon juice or boiling water or cream. If candied cherries or nuts are to be used, place them on as soon as the frosting is spread.

Boiled Frosting.

1½ cups sugar. Whites 2 eggs.
½ cup boiling water. 1 teaspoon vanilla.
¼ teaspoon cream of tartar.

Proceed same as for white mountain cream, and beat until it will spread nicely.

Boiled Chocolate Frosting.

To boiled frosting add two squares of melted chocolate as soon as the syrup is added to whites of eggs.

Brown Sugar Frosting.

Make same as boiled frosting, using brown sugar in place of white. Add one-half cup of nuts cut fine, then it is a brown sugar nut frosting.

Maple Sugar Frosting.

1 pound soft maple sugar. Whites 2 eggs.
½ cup boiling water.

Break sugar in small pieces and put in sauce with boiling water. Stir occasionally until sugar is dissolved.

Boil without stirring until it will thread when dropped from point of spoon. Pour on well-beaten whites of eggs gradually. Continue beating until consistency to spread.

Opera Caramel Frosting.

2½ cups light brown sugar. 1 cup cream.
1 tablespoon butter.

Boil ingredients together in smooth saucepan until a ball can be formed when dropped into cold water. Remove from fire and beat until right consistency to spread. Pour between layers of cake and cover cake with it.

Ornamental Frosting.

Whites 3 eggs. 1 tablespoon lemon juice.
Sifted confectioner's sugar.

Put eggs in large-sized bowl. Add two tablespoons of sugar, and beat three minutes, using a small wooden spoon. Repeat until one and one-half cups of sugar have been used. Add lemon juice as mixture thickens, a few drops at a time. Continue adding sugar by spoonfuls until thick enough to spread. This is determined by taking up some of the mixture on the back of your wooden spoon which you are using for the beating, and with a case-knife make a cut through the mixture, and if the knife makes a clean cut and the frosting remains parted, it is of the right consistency. Spread cake thinly with this frosting, rest until the frosting hardens, and put on a thicker layer, having the mixture a little thicker than for the first coat, and then crease for cutting. To remaining frosting add enough more of confectioner's sugar that when pressed through pastry-bag it will hold its shape. With

the pastry-bag and the different variety of tube, the cake can be decorated to taste.

To Glaze Cakes.—Beat white of an egg slightly, adding one tablespoon powdered sugar to white of one egg. Apply with brush to tops and sides of cakes that are to be dipped. Rest overnight before dipping.

To Dip Cakes.—Melt fondant over hot water. Color and flavor as desired. Lower cake in fondant to three-fourths depth of cake. Remove from fork and rest on board. Decorate with nuts, cherries, angelica or candied violets.

CHAPTER XXXV.

FANCY CAKES AND CANDIES.

"Sweets to the sweet."—*Shakespeare.*

Cocoanut Cakes.

½ pound grated cocoanut.
Whites 2 eggs.
6 ounces sugar.
1 spoonful glucose.

Cook cocoanut sugar and glucose in double boiler until it sticks to spoon. Add whites of eggs, and cook until mixture sticks to fingers. Spread in wet pan, cover with wet paper, and chill on ice. Dip hands in cold water and shape into balls. Bake on tin sheet greased with white wax twenty minutes.—*Muth's Confectioner.*

Macaroons.

½ pound almond paste.
Whites 3 eggs.
½ pound powdered sugar.

Work together, on board or marble slab, the almond paste and sugar until well blended, then add whites of eggs gradually, and work until mixture is perfectly smooth. The hand is used first, then the palette knife. Shape, using a pastry-bag and tube, on a tin sheet covered with buttered paper, leaving one inch between. The confectioners drop from tip of spoon in small pile, and do it very rapidly. Bake for fifteen minutes in slow oven. When taken from oven invert paper and lay on a cloth wrung out of cold water, and they will slip off easily.

Almond Macaroons.

Sprinkle the above mixture with almonds blanched and chopped fine.

Cocoanut Macaroons.

One cup powdered sugar, one cup grated cocoanut with enough of the milk of the cocoanut to form a plain paste. Shape and bake same as almond.

Hickory-nuts and filberts are both used for macaroons. With filberts you use half blanched almonds.

Stuffed Dates.

Clean outside of black date. With a pointed knife remove the stone. Fill cavities with English walnuts, pecan-nuts or blanched almonds, and press back to original shape. Roll in granulated sugar, pile in pretty rows on fancy dish, and serve. Dates are also stuffed with Neufchatel cheese, and nuts mixed with the cheese, forming rolls size of the stone and pressed into shape.

Molasses Candy.

2 cups molasses.
3 cups sugar.
2 tablespoons lemon juice.
1 cup boiling water.
1 teaspoon cream of tartar.
½ teaspoon soda.
½ cup butter, melted

Put molasses, sugar and water in saucepan, and place on hot part of range. When boiling-point is reached, add cream of tartar, and stir until well mixed. Boil and try in cold water to see when it is done. Stir all the time during the last part of the boiling. When it is brittle, and just before taking from the fire, add the soda and butter. Pour on buttered pans and pull. Add vanilla as you pull, or you can use wintergreen or any flavor desired.

Hoarhound Candy.

3½ cups sugar.
2 cups boiling water.
A cube of hoarhound, 3 inches square.
1 teaspoon cream of tartar.

Separate hoarhound in pieces, pour the boiling water over it, and let it steep for two minutes. Strain through double of cheesecloth. Pour into saucepan with sugar and cream of tartar. Boil until it is brittle when dropped in cold water. Pour into well-buttered pan, and as it cools mark in squares the size of caramels.

Butter-scotch.

2 cups sugar.
1 cup molasses.
2 tablespoons vinegar.
¼ cup boiling water.
½ cup butter.

Boil all together until brittle when tried in cold water. Turn into well-buttered pan, and with a sharp-pointed knife mark into squares.

Chocolate Caramels.

3 tablespoons butter.
2 cups Orleans molasses.
2 cups brown sugar.
½ cup milk.
4 squares Baker's chocolate.
1 teaspoon vanilla.

Put butter into saucepan, and when melted add molasses, sugar and milk. Stir until all are well blended, and when boiling-point is reached, add chocolate and continue stirring until chocolate is melted. Boil until a firm ball is formed on the tips of the fingers when tried in cold water. Take from fire, and add vanilla. Turn onto buttered pan, and as it begins to harden cut into inch cubes.

Ice-cream Candy.

4 cups sugar.
1 tablespoon vinegar.
½ teaspoon cream of tartar.
⅔ cup boiling water.

Boil without stirring until brittle when dropped in cold water. Turn on well-buttered platter, and cool until you can handle; as you pull, add vanilla. Continue pulling until white and glossy.

Nut Candy.

1½ cups nuts. 1 pound sugar.

Use either English walnuts or shellbark hickory-nuts, or our own native black walnut. Cover bottom of buttered shallow pan or platter with the nuts to be used. Put sugar in smooth frying-pan, and melt to syrup, stirring all the time, and using care that it does not adhere to sides of pan. Remove as soon as melted, before it caramelizes, and pour evenly over the nuts. As soon as it begins to harden, mark off in bars or squares. Peanuts can be used for this candy. You will then call it peanut bars.

Chocolate Cream Candy.

3 cups sugar. 2 tablespoons butter.
1 cup milk. 3 squares chocolate.
1 teaspoon vanilla.

Put butter in saucepan. When melted, add sugar and milk. Heat to boiling-point, and add chocolate. Stir until chocolate is melted. Boil about fifteen minutes. Remove from fire, add vanilla, and beat until mixture becomes creamy and a little sugary round edges of saucepan. Pour in buttered pan and mark in squares.

Maple Sugar Candy.

1 pound maple sugar. ½ cup boiling water.
½ cup cream. 1 tablespoon butter.

Break sugar in pieces and put in saucepan with cream and water. Boil rapidly until a soft ball is

formed when tried in cold water. Remove from fire and beat until creamy. Pour into buttered tins, cool, and mark into squares.

Maple Sugar with Nuts.

Use same recipe as the above, beat until creamy, and add pecan-nuts (about one cup) just as you pour it into the buttered tin. You can use shellbark hickory-nuts or English walnuts if preferred.

Creamed Walnuts.

White 1 egg.
½ tablespoon cold water.
1 teaspoon vanilla.
1 pound confectioner's sugar.
English walnut meats.

Place water, egg and vanilla in bowl, and beat until thoroughly blended. Add sugar gradually until stiff enough to knead, shape in small balls, flatten, and place walnuts on one or both sides.

Peppermints.

2 cups sugar.
1 cup boiling water.
7 drops oil of peppermint.

Put sugar and water into saucepan, and stir until sugar is dissolved. Boil rapidly for from ten to twelve minutes. Remove from fire, add peppermint, and beat until of consistency to drop from tip of spoon on buttered paper.

To Boil Sugar for Confections.

To prepare fondant, which is the basis of all French candy, an amateur really needs a syrup thermometer. The professional is able to tell when the syrup is right by the sound and the size of the bubbles as they rise to the top; but with a thermometer you know when it reaches 238° F., when it is ready to be poured on the slab for working and creaming.

White Fondant.

2½ pounds sugar. 1¼ cups hot water.
¼ teaspoon cream of tartar.

Put ingredients in granite stewpan. Stir until sugar is dissolved, place on range, and bring to the boiling-point. Boil without stirring until, when tried in cold water, a soft ball is formed that will keep its shape. Keep the sugar that adheres to the side of the saucepan washed off, either with the hand dipped in cold water and passed quickly round the saucepan just above the syrup, or by washing with a piece of cheesecloth dipped in cold water. If this is done quickly, it can be done with the fingers without burning them. Have ready a marble slab oiled with a little *good* olive oil, and as soon as the "soft ball" is reached, pour slowly on slab. Let stand a few moments to cool, but do not let it become cold. Scrape to one end of slab, and work with wooden spatula (or paddle) until white and creamy, and then knead with the hands until perfectly smooth. Put into a wide-mouthed glass jar or a bowl, and cover with oiled paper to entirely exclude the air, or a crust will form on top. Rest it for twenty-four hours, when it will be ready for use.

Coffee Fondant.

2½ pounds sugar. ⅓ cup ground coffee.
1½ cups cold water. ¼ teaspoon cream of tartar.

Place coffee and water in saucepan, and bring slowly to boiling-point. Strain through double of cheesecloth, resting on fine strainer. Add to the strained coffee the sugar and cream of tartar. Boil and treat same as white fondant.

Maple Fondant.

1½ pounds maple sugar. 1 cup hot water.
1 pound granulated sugar. ¼ teaspoon cream of tartar.

Break sugar into pieces as small as possible to have it dissolve more quickly. Boil and treat same as white fondant.

Mint Creams.

Melt fondant over hot water, flavor with a few drops of oil of peppermint, and color if desired. Drop from tip of spoon on oiled paper. There are rubber moulds used by confectioners, but these are too expensive for home candy-making, and by a little practice one can shape them very nicely from the point of the spoon.

Wintergreen, clove, orange or cinnamon can be prepared in the same way as the above, using the different colored pastes, according to the flavor you are using.

Dipped Nuts.

Melt, flavor and color fondant; dip any kind of nut meat, using the nuts for centers. English walnuts, pecan-nuts, almonds and filberts are all prepared in the same way.

Syrup for Glacé Nuts and Fruits.

2 cups sugar. ⅔ cup boiling water.
¼ teaspoon cream of tartar.

Place ingredients in saucepan. Stir well, and place on stove where it will boil. Boil without stirring until syrup takes on a golden color. (Wash off sugar from sides of saucepan while cooking, same as for fondant.) Remove saucepan from fire, and rest in pan of cold water to stop the cooking instantly. Take from the cold water and place in pan of hot water during the dipping. Use a long hat-pin to dip nuts, putting them in the syrup so every part is covered. If you are using

a syrup thermometer for preparing this syrup, it will register 310° F. when it becomes discolored. There are eleven stages for boiling syrup, but in preparing candy for home consumption it is only necessary for the amateur to learn four of them. Example: The "thread" for boiled icings, "soft ball" for fondant, the "crack" for glacé fruits and nuts, and the "caramel" for custard and different desserts in which caramel is used.

Glacé Fruits.

Malaga grapes, strawberries, cherries, and sections of oranges and mandarins are most commonly used. In using grapes cut them from the bunch, leaving a short stem to each one. Dip in glacé syrup by holding to stem with small pair of pinchers. Remove to oiled paper. Use care not to pierce the thin skin on the orange or strawberry, as the fruit juice will spoil the syrup. Glacéd fruits want to be used the day they are prepared, and the weather wants to be cold and clear.

Burnt Almond.

Put a cup of brown sugar in saucepan with very little water. Stir until sugar is dissolved. Let it boil for a moment, turn in three-fourths cup of almonds, and stir until the sugar granulates and becomes a little brown. When the nuts are well coated, and before they become a mass, turn them out on oiled paper, and separate any that are sticking together.

Fudge.

2 cups brown sugar.
1 cup white sugar.
¼ cup butter.
1 teaspoon vanilla.
Cup milk or cream.
3 squares Baker's chocolate or ½ cup cocoa.

Boil ten minutes. When done, remove from fire and cool for a moment, then add vanilla. Beat until cool and thick. Pour into buttered pan. Crease in squares.

CHAPTER XXXVI.

USE OF CHAFING-DISH.

THE chafing dish is very old, and we find it was used by the Greeks and Romans, who had very elaborate ones in silver. Some of the pictures I have seen of them represented them as standing on legs of silver as high as the ordinary table. It has been said by some great writer that daintiness and desire to have the food served hot gave rise to the invention. In the present day we use it for preparing certain dishes at the table for the luncheon hour and Sunday evening teas, and the supper after the theater. In this age of advancement the chafing-dish is being connected with the electric light as well as with gas, or, if preferred, the alcohol lamp is still in use.

The chafing-dish consists of two pans. The under one is for holding hot water and the upper one for holding the food to be cooked. A blazer differs from the chafing-dish in the fact that it has no hot-water pan. The denatured alcohol is much cheaper, and is now used generally for the chafing-dish. Very attractive dishes are made of nickel, copper, aluminum, etc., as well as silver. The latest patterns have the lamp with the screw adjustment to regulate the flame, together with a metal tray on which to rest the dish, and the tray is very essential to protecting the cloth and the polished table. Use care not to fill the lamp too full. The hot-water pan wants to have handle on one or both sides, so as not to burn the hands if neces-

sary to move it. The small wooden spoons are much nicer than the metal spoon, for the reason they are more quiet in the hand of the cook, and I do not know a better expression than to say, are more "ladylike." Russian bowls are also desirable to measure the material before bringing from the kitchen; having just enough, as you empty the bowls they can be placed one in the other, thus giving more room for the work. The toast also wants to be prepared in the kitchen. Although there are toasters for this purpose, your lamp is usually in use for the dish in preparation.

Mrs. Terhune Herrick says in her book that the chafing-dish began its career in the hands of the bachelor, and was to him the substitute for a hearthstone. Assisted by the chafing-dish, he not only welcomed the evening in, but saw it out in a blaze of glory.

EGGS.

Scrambled Eggs.

5 eggs.
5 pinches salt.
5 tablespoons milk.
2 tablespoons butter.

Break eggs in bowl, but do not beat them. Add the five pinches of salt to eggs. (A pinch of salt is what you take up between the thumb and forefinger.) Place butter in blazer, add milk to butter, turn in the eggs, and stir and cook until creamy. Stir constantly to keep them from sticking to bottom of pan. Place over hot-water pan and serve from dish.

Eggs with Curry.

4 eggs.
1 tablespoon butter.
1 teaspoon curry powder.
½ cup milk.
½ teaspoon salt.
1 teaspoon onion juice.

Break eggs in bowl. Mix curry powder with milk

by pouring on a little milk at a time until a smooth paste is made. Then put butter in blazer, add onion juice, and as soon as hot turn in eggs, milk, curry powder and salt, and stir until smooth and creamy. Serve on toast or reception flake crackers.

Eggs with Mushrooms.

4 eggs.
2 tablespoons butter.
1 cup mushrooms.
Salt and pepper to taste.

Melt butter in blazer, add mushrooms, and cook five minutes. Add lemon juice, stir in eggs, add salt and pepper and cook until thick.

Welsh Rabbit.

2 eggs.
½ cup ale or beer.
1 tablespoon butter.
½ pound grated cheese.
½ teaspoon mustard.
1 teaspoon Worcestershire sauce.
½ tablespoon lemon juice.
Pinch cayenne.

Melt butter in blazer, resting in pan of hot water. Add the ale, and when these are very hot put in the grated cheese. As soon as it is melted and smooth, add the salt, mustard and cayenne. Have ready the eggs beaten until very light. Dip out some of the cheese mixture into the bowl with the eggs, and when well mixed pour into the chafing-dish, slowly stirring all the time. When the mixture is well blended and smooth, add the Worcestershire and lemon juice. and serve on hot toast.

Sauté Shad Roes.

Prepare shad roes by parboiling them ten minutes in salted water with a tablespoon of lemon juice added to the water. When done, blanch them in cold water, and they are ready for the chafing-dish. Put two table-

spoons of butter in blazer, and when hot lay in the pair of roes, and cook and turn to brown them evenly. When done, take them out and add a little more butter to blazer, and when melted add one teaspoon Worcestershire sauce and a little lemon juice, and pour over each service, with a slice of lemon to garnish.

Sardines.

Free one dozen sardines from oil by laying them on paper, and scrape off the skin carefully so as not to break them. Put two tablespoons of butter in chafing-dish; when hot, put in sardines, turn carefully, and brown on both sides. When done, season with salt, pepper and lemon juice, and serve on toast.

Oysters Panned.

Clean and prepare twenty-four large oysters. Put two tablespoons of butter in blazer, and when melted add oysters. Stir until the edges curl. Serve on toast seasoned with salt and pepper. These are very nice served on crisped crackers.

Panned Oysters with Sherry.

Prepare same as above recipe, and a moment before taking from chafing-dish add three tablespoons of sherry wine.

Deviled Oysters.

1 tablespoon butter.
1 teaspoon Worcestershire sauce.
1 cup oyster liquor.
A little cayenne.
½ teaspoon curry powder.
½ teaspoon salt.

Put into blazer the butter and seasonings. As they heat, add the cup of oyster liquor, and when it boils add the oysters Cook until oysters are plump and well curled, and serve at once.

Fried Oysters.

Use large oysters. Clean and prepare as directed. Drain, and sprinkle with salt and white pepper. Put into the blazer three tablespoons of butter, and when hot put in the oysters. Brown on one side, turn and brown on the other. Serve hot, with brown bread sandwiches. slices of lemon and tomato catsup.

Oyster Stew.

2 tablespoons butter.
2 tablespoons flour.
1 pint oyster liquor.
24 oysters.
½ teaspoon salt.
White pepper.

Cook butter and flour together in blazer. Add slowly the oyster liquor, and stir all the time until the boiling-point is reached. Add the oysters, and cook until the edges curl. Add the seasonings, and serve with oyster crackers or French bread and butter.

Lobster à la Newburg.

A 2-pound lobster.
3 tablespoons butter.
½ cup cream.
Yolks 2 eggs.
2 tablespoons sherry.
1 tablespoon brandy.
½ teaspoon salt.
Toast.

Remove lobster meat from shell, and cut into dice. Place butter in blazer. When it melts, add lobster and cook a few moments. Add the seasonings, wine and brandy, cook a moment, and add the yolks of eggs well beaten and mixed with the cream. Serve with toast.

Shrimps à la Newburg.

1 pint shrimps.
1 tablespoon flour.
3 tablespoons butter.
½ cup cream.
Yolks 2 eggs.
½ teaspoon salt.
Dash cayenne.
3 tablespoons sherry wine.
½ tablespoon lemon juice.

Clean shrimps, and prepare same as lobster.

Clams à la Newburg.

1 pint clams.
2 tablespoons butter.
½ cup cream.
¼ cup sherry wine.
Cayenne and salt.
Yolks 3 eggs.

Clean clams as directed. Separate soft and hard parts; finely chop hard parts Melt butter, and add the hard parts, wine and seasonings. Cook for eight or ten minutes. Add soft parts and cream, and eggs beaten until light and diluted with a little of the cold cream which has been reserved for this purpose. Serve hot from the chafing-dish with Graham bread sandwiches covered lightly with butter that has been creamed, and a few nuts added to butter if liked.

Tomato Rarebit.

3 tablespoons butter.
3 tablespoons flour.
½ tablespoon sugar.
1 cup thin cream.
Salt to taste.
Yolks 3 eggs.
2 cups finely chopped cheese.
¾ cup stewed and strained tomatoes.
1 teaspoon mustard.
¼ teaspoon soda.
Dash cayenne.

Place butter in blazer. When melted, add the flour, then the cream slowly. Stir until it thickens. Add tomatoes mixed with soda and sugar, then cheese and eggs beaten light, then the seasonings. As soon as cheese is melted, serve on toast.

Broiled Sweetbreads.

Prepare sweetbreads as directed in the chapter on sweetbreads. When the chafing-dish is very hot, add one teaspoon of butter, and rub it all over the bottom. Add the prepared sweetbreads, and cook to a nice brown, using care that they do not scorch. Add more butter if they stick. (It is well to melt the butter to

be used in the chafing-dish for broiling or frying, and pour it off to free it from salt, or you can use olive oil.) When sweetbreads are done, place on platter and surround with French peas.

French Peas.

Open, rinse with cold water, and drain a can of French peas. Heat in chafing-dish. Season with salt, butter, and a little white pepper. Serve around the broiled sweetbreads, or with creamed sweetbreads. You prepare the sweetbreads in the blazer and peas in hot-water pan.

Barbecued Ham.

Use one-half pound of boiled ham cut very thin. Cook in chafing-dish in its own fat. When a nice brown, draw to one side, and to the fat add one tablespoon of lemon juice, one teaspoon of dry mustard and two teaspoons of sugar. Mix sugar, mustard and lemon juice well together, and add to fat. When all is well mixed stir the ham into the barbecue, and simmer a moment and serve. This is nice with fried eggs. Prepare ham, then the eggs, in hot-water pan.

Mutton with Jelly and Wine.

Make a sauce with two tablespoons of butter, two tablespoons of flour, one-third cup of currant jelly, one cup brown stock, two cups cold mutton cut thin, one-fourth cup of sherry wine. Season to taste. The gravy from the mutton can be used instead of the brown stock, using half gravy and half hot water.

Fruit Canapés.

Brown rounds of stale bread in butter in chafing-dish, and spread with stewed dried fruit of any kind

desired—prunes, figs, dates, etc. After they are tender, chop them fine and add a little lemon juice and sugar. Spread canapés while hot.

Fried Tomatoes.

Select firm tomatoes with as few seeds as possible. Wash and wipe, but do not peel. Put in the blazer two tablespoons of butter, and when very hot lay in the tomatoes. Turn often, and cook until tender. Remove and sprinkle with a little powdered sugar, salt and paprika, and serve with cold meat of any kind.

Deviled Tomatoes.

Cook as directed above. Remove from chafing-dish, and keep warm. Add one tablespoon butter to blazer, one teaspoon grated onion, one tablespoon lemon juice, one tablespoon powdered sugar, one teaspoon dry mustard, and dash of cayenne. Mix all the dry ingredients in bowl, moisten with lemon juice, and add to butter in chafing-dish at once. Add the well-beaten yolks of two eggs or one whole egg very slowly to mixture, stirring all the while. As soon as all are in, turn out your lamp, baste tomatoes with the sauce, and serve. This is fine with cold corned tongue.

French Mushroom Sauté.

Peel, wash mushrooms, and cut off stems. Melt two tablespoons butter in blazer, lay in mushrooms, and cook for ten minutes, turning often. Season with salt, pepper and lemon juice. Serve on toast or around beefsteak.

CHAPTER XXXVII.

INVALID COOKERY.

"They are sick that surfeit with too much as they that starve with nothing."

THE physicians of the present day will tell you that the proper preparation of the food for an invalid is of as much importance to the recovery of the patient as the drugs that he administers. The manner in which it is served is also of great importance. The tray for the invalid wants especial care. The tray wants to be covered with a spotless tray-cloth and always a clean napkin, so there will be no odor from the food that was served the meal before, which often occurs when the napkin is put in a ring to be used several times. You want to bear in mind that the appetite of a sick person is very capricious, and the least thing will spoil any appetite he may have and keep him from partaking of the food that is offered.

Select for the invalid's tray the daintiest china and glass and the choicest silver, and make as many changes as possible. Cheer the patient by laying a bright flower on the tray-cloth. A flower without strong odor is the best. Arrange things in such a manner that everything is to the hand without making changes. Place plate in front of tray near edge, knife on right side, fork on left, spoon at top of plate or to right of knife, and cup and saucer at right of plate, with handle in proper position. Put the bread and butter plate at left over the fork, the napkin at right of cup; salt, but

no pepper. Avoid having a crowded tray. When the patient is convalescing, and soup, meat and light dessert are served, remove one course before the other appears. Serve hot things *hot* and cold things *cold.* A glass of milk, cup of gruel, or cup of beef tea should be placed on a plate with a doily. Never consult the patient as to his "menu," but let the food come in the way of a surprise to him. Anticipation often spurs the appetite, and an unexpected dainty will often be eaten with a relish. We must eat with a relish if we digest. If the patient expresses a desire for any particular article of food, it is perhaps just as well to call the attention of the doctor to it, as it may be a valuable indication of the needs of the system. Always use care not to serve too much at a time, for often an overloaded tray destroys the appetite. If the patient is restricted to a milk diet, it can be varied by the use of albuminized milk, koumiss, or by addition of Apollinaris or seltzer water.

The tray wants to be taken away as soon as the patient has finished, any solids burned, and fluids disposed of. The nurse of the present day, if a proficient one, is a fair doctor, and she knows only the food prescribed must be given to the patient.

The liquid foods are the first to be considered. Barley and rice water are astringents, and are used in laxative conditions. Toast water is often used for nausea, bread being toasted quite brown. Clam water is used to stimulate the stomach so it will retain the food. Fruit waters are used for fever patients, for the reason they are cooling and slightly stimulating, as well as valuable for their salts and acids. In sweetening fruit water always have a heavy syrup made with sugar and water. Beef essence, which is the expressed

juice of the beef, and is given where a condensed form of food is necessary, is best prepared from meat cut from top of round.

Beef tea is the juices of the meat diluted with water, and a stimulant rather than a nutrient. Egg-nogs are used where a large amount of nutriment is necessary as well as for a stimulant.

Semi-solid foods are the gruels, and those made from oatmeal and corn are heat-producers, and should not be given with inflammatory symptoms. Arrow-root makes a delicate gruel, and is more easily digested than any other form of starch.

Solid foods comprise those given during convalescence, and it is during convalescence that the nurse can display her skill and good judgment quite as much as during the more critical period of the disease.

Rice Water.

2 tablespoons rice.
2 cups cold water.
½ cup milk or cream.
Salt to taste.

Thoroughly wash rice in three waters, and rub the grains between the hands. Add to water and boil until tender; strain and add to rice, water, milk or cream as desired. Salt to taste. Reheat and serve.

Barley Water.

3 tablespoons barley.
4 cups cold water.
Salt to taste.
Lemon juice.
Sugar.

Pick over barley and soak in water overnight. Boil very slowly for two hours. (After boiling for fifteen minutes slowly on range, it is best to put it in double boiler and finish the cooking, as there will be no danger of burning.) Strain, season with salt, lemon juice and sugar. Reheat and serve.

Toast Water.

Toast stale bread until a rich dark brown, and use equal measure of boiling water. Salt to taste.

Oatmeal Water.

One cup fine oatmeal, and two quarts water, boiled and cooled. Add oatmeal to water and keep where the temperature is at 80° F. about two hours. Strain and serve.

Apple Water.

1 large tart apple. 1 tablespoon sugar.
1 cup boiling water.

Wipe, core and pare apple. Put sugar in cavity. Bake in moderate oven to a golden brown. Mash, pour over water, and let stand for thirty minutes. Strain.

Currant Water.

½ glass currant jelly, or 3 tablespoons currant juice.
1 cup cold water.
Sugar.
1 teaspoon lemon juice.

Mix juice and water, and sweeten to taste. (Care must be used not to have it too sweet.) If jelly is used, mash the jelly and dissolve in the water, and, if not sweet enough, more sugar can be added.

Tamarind Water.

2 tablespoons preserved tamarinds.
1 cup boiling water.
Sugar to taste.

Pour water over tamarinds, and stir until well mixed. Let it stand for thirty minutes, then strain. Sweeten to taste.

Grape Juice.

1¾ cups Concord grapes. 1 cup cold water.
½ cup sugar.

Wash, pick over and remove stems. Add water, and cook in double boiler for about one and one-half hours. Add sugar, and cook for twenty-five minutes; strain and cool. Pour over shaved ice.

Syrup for Sweetening Fruit Waters for the Sick-room.

3½ cups sugar. 2½ cups water.

Stir it over fire until sugar is dissolved. Boil for five minutes from the time it begins boiling rapidly. Every additional five minutes will thicken one degree. Place in air-tight preserve-jar, for use as needed.

Lemonade.

1 tablespoon lemon juice. 2 tablespoons syrup.
Shaved ice and water.

If ice is to be used, have it shaved. Place in tumbler, pour on syrup, and add lemon juice, then water. Stir or shake well, and serve. Apollinaris, seltzer or soda water may be used.

Orangeade.

Juice 1 orange. 1½ tablespoons syrup.
1 teaspoon lemon juice. Crushed ice.

Pour orange and lemon juice over the crushed ice. Add syrup. Mix by stirring or shaking.

Flaxseed Lemonade.

1 tablespoon whole flaxseed. 1 pint boiling water.
Lemon juice.
Sugar.

Pick over and wash flaxseed. Add water, and cook for two hours in double boiler. Strain, add lemon juice, and sugar to taste.

Koumiss.

1 quart milk.
1 tablespoon sugar.
⅓ yeast cake, dissolved in 1 tablespoon lukewarm water.

Heat milk in double boiler until lukewarm. Add sugar and dissolved yeast cake. Fill beer bottles within one and one-half inches of top. Cork and invert, using care to tie cork down with strong twine. Stand at a temperature of 80° F. for six hours. Chill and serve the following day.

Milk Punch.

½ cup milk.
Sugar.
1 tablespoon whisky, brandy or rum.
Nutmeg.

Mix ingredients, cover, and shake well until very foamy. Mary Mantenon gave us the refreshing milk punch for the sick-room.

Albumenized Milk.

½ cup milk.
White 1 egg.

Put white of egg in tumbler, add milk, cover tightly, and shake until thoroughly mixed.

Egg-nog I.

1 egg, beaten until very light.
1 tablespoon sugar.
2 tablespoons wine, or 1 tablespoon brandy.
Pinch of salt.
⅔ cup milk.

Beat egg until light and creamy; add sugar, salt and wine. Mix thoroughly, add milk, and strain

Egg-nog II.

Use same ingredients, and separate white and yolk of egg. Beat yolk until thick and lemon color. Add sugar, salt, wine and milk. Strain, and add the white beaten very light and fold in.

Hot-water Egg-nog.

Prepare same as Egg-nog I., using half cup hot water in place of milk.

Cocoa.

4 teaspoons cocoa.
½ cup boiling water
1 cup scalded milk.
2 tablespoons cold water.

Moisten cocoa with cold water, and add boiling water. Boil one minute, then add scalded milk. Beat rapidly for a moment, to prevent the scum from rising and to form the frothy top.

Cocoa Cordial.

2 teaspoons cocoa.
1½ teaspoons sugar.
¾ cup boiling water.
2 tablespoons port wine.

Mix cocoa and sugar. Add enough water to form a paste. Stir well, and add remainder of water. Boil a moment, then add the wine. This is good in cases of exhaustion.

Expressed Beef Juice.

Take one-half pound of steak, cut from top of the round. (It must be cut one-third of an inch thick.) Wipe steak, remove all fat, and place on broiler. Broil over gas flame for three or four minutes. Turn as you count ten, to keep the juices in the meat. Put on a hot plate, cut into small pieces one and one-half inches in size, and gash each piece two or three times. Have a warm lemon-squeezer, and lay the pieces on and express the juice into a cup or small bowl resting in hot water, using care not to have it hot enough to coagulate the juices. Season with salt.

Broiled Beef Tea.

Dilute the beef essence with warm water. Season with cayenne and salt.

Bottled Beef Tea.

1½ pounds steak from top of round.
2¼ cups cold water.
Salt to taste.

Broil the beef five minutes, same as for broiled beef tea, and cut into pieces in same way. Place in glass jar, turn on the cold water, and let it stand for fifteen minutes. Place jar on trivet in kettle, surround with cold water, and let it heat slowly to 130° F. Let it stand two hours, strain and press all the juice out of the meat, and salt to taste. Food for the sick must not be made too salt, or it will cause too much thirst, and sometimes the water will create nausea.

Frappéd Beef Tea.

Beef tea frozen to the consistency of a mush is a nice change for the patient.

GRUELS.

Flour Gruel.

1 tablespoon flour.
4 raisins.
2 cups milk.
Salt to taste.

Mix flour with a small quantity of the milk until it is smooth. Place the remainder of the milk in double boiler, and when scalding hot stir in flour paste and add the whole raisins. Cook thirty minutes, and remove the raisins. Season, and, if desired, add one-third cup of cream. The raisins can be omitted.

Farina Gruel.

2 cups boiling water.
1 tablespoon farina.
Cold water.
1 cup milk.
1 egg.
Pinch salt.
Cream.

Mix farina to a thin paste with cold water. Add to boiling water and boil thirty minutes. Season and add cream and egg, mixed, and serve.

Arrowroot Gruel.

1 cup boiling water.
Cold water.
2 teaspoons Bermuda arrowroot.
Pinch salt.

Mix arrowroot to thin paste with cold water. Add to boiling water, and cook ten minutes. Season and add cream.

Barley Gruel.

3 tablespoons barley flour.
1 cup boiling water.
½ cup milk or cream.
Salt to taste.

Mix barley flour with water to a paste. Add boiling water, and boil twenty minutes. Add milk, season, reheat, and strain.

Oatmeal Gruel.

½ cup coarse oatmeal.
3 cups boiling water.
Milk or cream.
Salt to taste.

Add salt to boiling water, then the oatmeal, and cook in double boiler for three and one-half hours. Strain, dilute with milk or cream, and strain again. Season, reheat and serve.

Pounded Oatmeal Gruel.

¾ cup coarse oatmeal.
1 pint cold water.
Milk or cream.
Salt to taste.

Pound oatmeal un mealy and white-looking. Add one-third of the water, stir well, let settle, and pour off the water. Repeat twice, using the remaining water. Boil the mealy water in double boiler thirty-five or forty minutes. Season with salt, and dilute with milk or cream. This makes a very delicate gruel.

Imperial Granum.

1 tablespoon Imperial Granum.
½ cup scalded milk.
½ cup boiling water.
Salt.

Mix Granum with cold water to form a paste. Add to milk and water. Cook fifteen minutes in double boiler, and season. The milk can be increased.

Clam Water.

Wash and scrub one-half dozen clams, place in covered kettle with one-fourth cup water, and steam until shells open. Remove clams, and strain liquor through double of cheesecloth. Serve very hot or freeze to a mush.

Mutton Broth.

3 pounds mutton (from neck).
2 quarts cold water.
3 tablespoons rice or barley.
Salt and pepper to taste.

Wipe meat well with wet cheesecloth, removing every particle of skin and fat. Cut into small pieces, and put into kettle with the bones, and cover all with cold water. Heat slowly to the boiling-point. Skim and season with salt and pepper. Cook until meat is cooked to pieces. Strain and remove fat. Reheat to boiling-point. Add rice or barley, whichever is to be used, and cook tender. If barley is used, it should be soaked overnight in cold water. Some nice bits of the meat can be served with the broth.

Chicken Broth.

Dress and clean chicken, remove skin and fat, and disjoint. Put in stewpan, cover with cold water, and heat slowly to the boiling-point. Skim and cook until meat is tender. When half done, season with salt and

a little pepper. Strain and remove all the fat (chicken fat is hard to digest). There should be three pints of the broth if it has been cooked slow enough. The simmering burner on the gas stove does this nicely. Reheat to boiling-point, and add two tablespoons of well-washed rice that has been cooked five minutes, and cook until rice is soft.

Oatmeal Mush.

½ cup coarse oatmeal. 2 cups boiling water.
½ teaspoon salt.

Add salt and oatmeal to boiling water. Cook in double boiler for three or four hours. Serve with sugar and cream.

Indian Meal Mush.

1 cup boiling water. 1 cup milk.
½ cup Indian meal. ½ teaspoon salt.

Add salt to boiling water, and stir in the meal, being careful not to have any lumps. Cook three hours in double boiler. Serve with cream and sugar, or, if preferred, with maple syrup or with salt and thin cream.

Rolled Oats Mush.

⅔ cup rolled oats. 1½ cups boiling water.
½ teaspoon salt.

Add salt to boiling water, then add the oats and cook three-quarters of an hour in double boiler, and serve with sugar and cream.

Raw Beef Sandwiches.

Butter slices of bread, and use two tablespoons of scraped raw beef from the top of the round, seasoned with salt and a little cayenne pepper. The butter may be omitted, using only the scraped and seasoned beef.

Egg Sandwiches.

Cut very thin slices of stale bread into any fancy shape you may desire. Put together in pairs with thoroughly cooked yolks of eggs rubbed to a paste, seasoned with salt, and moistened with soft butter.

Birds Broiled in Buttered Cases.

Butter a sheet of letter paper. Place a boned bird on lower half of sheet; fold upper half over bird, bringing the edges of the sheet together, and fold over the side and two ends three times. Place in wire broiler, and broil twelve minutes over slow fire, using care that the paper does not catch on fire. Remove from case and season with salt, pepper and butter, and place on piece of hot toast. Garnish with parsley and thin slice of lemon. Lamb chop, tenderloin of steak or breast of chicken may be prepared in the same way.

Oysters on Toast.

Place in granite pan or in chafing-dish, one tablespoon best butter, one dozen large oysters (with muscular portion removed), a salt-spoon of salt, and a little white pepper. When thoroughly heated, stir in three-fourths cup of good cream. (Be sure the cream does not boil.) Serve on hot buttered toast immediately.

Asparagus on Toast.

Asparagus is especially recommended for diabetics. It should be scraped, the stalks cut even, tied together, and placed in an upright position in saucepan of boiling water with a little salt added to the water, and cooked until quite tender. Serve on toast moistened with some of the water in which the asparagus was cooked. Season with a little salt and some melted butter. Use the butter sparingly.

Cream of Corn Soup.

½ pint grated corn. 1 tablespoon butter.
1½ pints boiling water. ½ tablespoon flour.
1 cup thin cream.

Grate the corn (using young corn), add it to the water in double boiler, and cook for one hour. Strain, put into saucepan the butter and flour, and cook for a minute. Add the strained corn, and return to double boiler, and when ready to serve add the cream. Heat again, but be sure you do not boil after the cream is added. This is for the convalescent.

Broiled Chicken Breast.

Remove bones from breast of a tender chicken. Season and rub with soft butter, and broil in wire broiler directly over the fire, so it will get a little flavor of burning of the juices and butter. This is sometimes very savory. The breast of the chicken is always best for the sick, as it is more easily digested.

Chicken Croquettes.

1 cup chicken breast. ½ cup sweetbreads.
½ cup white sauce. Salt and parsley.
1 egg, beaten.

Cut the chicken in small pieces with scissors, also the sweetbreads that have been parboiled. Make the sauce with one tablespoon butter, one of flour and half a cup of milk. Put butter in small saucepan, add flour as soon as frothy, add milk slowly, then remove from fire. Add egg, then the minced chicken and sweetbread. Spread on tin until cold. Shape in croquettes, egg and crumb, and fry in deep fat. Drain all fat from them on paper. Garnish with parsley, and serve.

CHAPTER XXXVIII.

FOOD FOR CHILDREN.

THIS subject covers a great deal of ground, and I will only add a few recipes with the suggestion that one feeding the infant of one or two years of age wants to see to it that the food is of the best quality and always perfectly fresh, as stale food may produce *scurvy*. The value of fresh vegetables for this trouble is as important for the infant as for adults, and as soon as they are old enough teach them to take a lettuce salad with nice, fresh olive oil; they soon learn to love it. Fresh food in the form of meat juice on bread is very good. The infant must not be fed the starchy foods until the teeth appear, as the digestive juices are not developed until that period in the child's life. Fresh, ripe fruit juices are good for the baby.

Meat Juice on Bread.

Broil a piece of meat until well heated through, and express the juice, with a metal lemon-squeezer, on some pieces of bread, and feed the baby very slowly. This food is for the three-year-old child.

Meats Not to Serve.

Veal, lamb, pork and game. They are all hard to digest.

Meats to be Served.

Beef, mutton, and white meat of the chicken.

Fish to be Served.

Fish wants to be boiled or broiled, and the best are the white fish, trout, perch, pickerel and black bass.

Soups.

Broths and soups of various kinds can be served with rice and barley in them. Potato soup can also be served.

Vegetables.

Baked potatoes, asparagus, peas and string beans, and some varieties of beans without the pod, all should be cooked until tender, and seasoned with salt, butter or cream, never with sauce. The dried beans are too hard of digestion for a child, even at six years of age. The vegetables to be served later in the year are the onion, spinach and cauliflower. The best onions are the Spanish, and they should be boiled or baked until very tender. If dressed with sauce, let it be a little cream and salt to taste. Children should use less salt than adults, as the salt habit is one that grows with the person.

Cauliflower is the only one of the cabbage family that the child should eat, and wants to be dressed same as the onion, using care to cook only until tender.

Spinach is one of the stand-bys for the nursery table for the winter. Directions for cleansing have been given in full Onion, cauliflower and spinach are all slightly laxative.

Celery carefully prepared by long stewing, until thoroughly tender, can be given, but the nutritive value is small. Turnips, beets and carrots can be given; these all want to be thoroughly cooked, and the carrot should be put through a sieve.

Bread and Cereals.

Bread wants to be a day old at least, and cereals well cooked. The ones prepared from wheat are preferable, although the oatmeal is all right. Then there is the Indian meal. Farina and hominy may be served to the child old enough to chew well. The rice is very useful in the nursery. Macaroni for the nursery wants to be served plain, with milk or cream.

Dessert.

The best desserts for the nursery are some nice fruit, or a nice, plain custard or rice pudding served cold with milk or cream. The ice-cream would be all right so far as composition goes, but the iced temperature reduces the action of the stomach, and sometimes it stops the digestion for the time being. Only simple ice-creams should be given. No pastry should be given to the child, and only sponge cake or plain gingerbread.

Fruits.

The early use of oranges is good, also stewed prunes. Apples are in their best form when cooked. If they are served baked, they should be pared before baking, or see to it that the child does not eat the skin. As a variety, the applesauce is good. The raw apple is apt to be hard to digest. Pears are akin to apples, and should be served in the same form. The pear of good quality is more digestible than the apple. Berries in the early years are scarcely to be considered, as they disturb the bowels so much. The strawberry, if ripe and fine, can be given with caution. I say with great caution, for there is no fruit that contains so many idiosyncrasies as the beautiful strawberry. Grapes come rather early into use in the nursery, but seeds

and skins want to be removed. The Malaga is the best variety. The melons are of a doubtful character, because so many are poor. However, the pulp of a really good, ripe melon, if tender, is considered digestible, and there is nothing so attractive to the child. As soon as they catch sight of it they are filled with delight, and I think it should make the first course wherever it is served.

Water and Other Drink.

Water heads the list of the drinks, and should the water supply be doubtful, it should be filtered and boiled, and set aside to cool. Milk is always looked upon as a food, but it contains water enough to make it a quencher of thirst. Water wants to be offered to the child when very young, as thirst is often mistaken for hunger. Tea and coffee should never be given; wine and beer only with the physician's orders. As an article of diet the cocoa beverage may be used, but it is better omitted.

Objection to Sweets.

Candies and sweets should be excluded articles, for the reason that as long as the child's diet is made up largely of milk he gets an ample amount of sugar, and in the cereals he gets a large amount of starch, that is converted into sugar by digestion.

CHAPTER XXXIX.

FRUITS—FRESH, CANNED AND PRESERVED.

FRUITS are at their best when served ripe and in season, cooked on the tree or vine as nature cooks and prepares them for us. However, some are more digestible by cooking. The methods used are baking and stewing. Fruit should always be cooked in earthen or granite utensils, and stirred with a wooden or silver spoon, for the reason that all fruits contain more or less acid, and if they are not specially hard, they want to be pared with a silver knife.

To Prepare Strawberries.

Pick them over and place in a colander, pour over cold water, and drain thoroughly. Cap and turn into the dish they are to be served from. Chill, and serve with powdered sugar and cream if desired. They are better with simply the sugar, as they so quickly make such a curd of the cream.

How to Prepare Oranges.

Wipe the orange after it has been chilled, and cut into halves, or cut off the stem end about an inch from the stem, and with a sharp knife cut around the edge and loosen the pulp from the rind, and make two cuts across the center, cutting the core to the bottom each way. Serve on a fruit-plate with an orange spoon to right of plate, or the orange may be peeled and the white portion removed, and pulp removed in sections

and placed on a fruit-dish. If the orange contains seeds, remove the seeds.

To Prepare Grape-fruit.

Wipe grape-fruit and cut into halves crossways. With a small, sharp-pointed knife separate the pulp from the skin around the entire circumference, then in the same way separate the pulp from the tough part, which divides it into sections. Remove the core and tough portions in one piece, with the seeds, by cutting the stem or blossom end with a pair of scissors to the skin. Sprinkle generously with sugar, and stand for ten or fifteen minutes. Serve on fruit-plate with spoon. You can garnish with Maraschino cherries.

Grape-fruit with Sherry.

Prepare as above. Add one tablespoonful of sherry, and chill for one hour. You can also use apricot brandy, using a little less, or with gin. In either case you use less and chill longer before serving.

Fruit Cocktail.

Mix grape-fruit with pineapple, orange and Malaga grapes, and a few strawberries or cherries. There should be three cupfuls of the fruit. Pour over a dressing made of one-half cup of sherry wine, three-fourths cup sugar and four tablespoons apricot brandy. Chill and serve in cocktail glasses. Garnish with cherries and leaves.

To Serve Cantaloupe.

See that your melons are quite ripe, and the outside thoroughly washed and wiped. Chill in ice-box before cutting. They can be cut either crosswise or length-

wise, according as fancy may suggest. They are prettier cut crosswise.

To Serve Pears and Plums.

Wipe and have them cold, and serve whole for breakfast or luncheon. Be sure to place finger-bowls for each person, to prevent staining the napkin, and a fruit-knife instead of a spoon.

Baked Apple.

Select a smooth, well-shaped apple. Wash, wipe and remove the core. Put in a baking-dish and fill the cavities with sugar, using three-fourths cup of sugar to eight apples. A little lemon juice can be used if desired, or either nutmeg or cinnamon. When apples are fresh and in season, they need no extra seasoning. Cover bottom of dish with boiling water, and bake in a moderate oven until soft, basting frequently with the syrup in the bake-dish. Serve with cream or without, as your taste dictates.

Apples Pared and Baked.

Remove the core, pare and place in baking-dish. Use three-fourths cup of sugar and a piece of butter size of a filbert. Bake until tender, using enough boiling water to cover bottom of dish.

Apple Sauce I.

Use a bright red apple. Wash, wipe and remove any imperfect places and seeds, cut into quarters, and put on in enough boiling water to come up in the saucepan so you can see it. Cook rapidly for some time, until they are quite tender. Remove from fire and rub through colander. Sweeten to taste and serve hot or

cold; the skin will add a nice color to sauce. This sauce is nice served hot with goose or pork.

Apple Sauce II.

Wash, quarter, core and pare eight tart apples. Make a syrup by cooking one cup of sugar and one of water for ten minutes. Add enough apples to cover bottom of the saucepan. Cook rapidly until apples are tender. Remove and place in glass dish in which you are going to serve them, place as many more in the syrup, and continue until all are cooked and removed to serving-dish. Cook syrup for ten minutes rapidly, and strain over apples. This sauce is delightful.

Apple Ginger.

Wash, quarter, pare and chop enough apples to weigh two pounds. Put in saucepan with one and one-half pounds of light brown sugar, juice and rind of one lemon, one-half ounce of ginger-root, pinch of salt and water enough to keep apples from burning. Cover and cook very slowly for three and one-half hours, adding water as needed. This wants to be closely covered. Keeps a long time.

Baked Quinces.

Wipe, pare and quarter ten medium-sized quinces. Remove seeds, and put in baking-dish. Sprinkle with one cup of sugar and two cups of water. Cover and cook in slow oven until tender. Quinces require a long time for cooking.

Baked Pears.

Wipe and halve ten nice-sized pears, and remove cores. Put in baking-dish, and sprinkle with sugar. Add water to prevent their burning. Cover closely,

and cook for two or three hours in a very slow oven: A casserole is nice to bake them in. The Seckel pear is delicious baked; they are baked whole.

Rhubarb Sauce.

Wash, wipe and cut in inch lengths with scissors. If you are using the strawberry variety, do not peel it, as the peel makes a fine color to the sauce. Allow one cup of sugar to two and one-half cups of the rhubarb. Make a syrup with three-fourths of a cup of water and the sugar. Boil for three or four minutes, and add the rhubarb. Cook until tender.

JELLIES.

Jellies are made with fruit juices and sugar. You prepare the glasses by washing them well, placing them in a kettle of cold water, and letting them come to a boil. Leave them in the hot water until you are ready for them, then drain them and place on a cloth wrung out of hot water when putting the jelly in. Cover the top of the jelly with paraffin, and when cool put on tin top. Label and put away in a cool, dry place.

Apple Jelly.

Wash and wipe tart apples. Remove stem and blossom end. Cut into quarters, and place in granite or porcelain-lined preserving-kettle. Add cold water to cover nearly to the top. Cook slowly until apples are soft. Mash and drain through coarse sieve. Avoid squeezing the apple or you will have a cloudy jelly. Strain the juice through a double thickness of cheesecloth; when all has dripped through, place the juice in agate saucepan and cook rapidly uncovered for twenty minutes. Add an equal quantity of heated

granulated sugar, boil up five minutes, and turn in jelly-glasses, then seal and set to cool. A pared apple makes a much lighter jelly.

Crab-apple Jelly.

Follow the rule for the apple jelly, leaving the apple whole.

Quince Jelly.

Follow the recipe for the apple jelly, using quinces instead of apples, and remove the seeds from the fruit.

Currant Jelly.

Currant jelly wants to be made the last of June, not later than the fourth of July; then the fruit is at its best. Pick over currants, but do not remove stems. Wash and drain. Mash a few in the bottom of a preserving-kettle; a wooden potato-masher is the best thing for the purpose. Continue until the berries are all used, then cook slowly until the currants look white. Strain through a coarse sieve, then through two thicknesses of cheesecloth. Measure, bring to boiling-point, and boil rapidly for ten minutes. Add equal quantities of sugar that has been heated in oven in a wide, shallow pan. Bring to a boil, and boil for five minutes. Turn into your glasses, seal with paraffin cover, and place in cool, dry place.

Currant and Red Raspberry Jelly.

Use equal parts of currants and red raspberry, and follow the rule for the currant jelly.

Blackberry Jelly.

Follow the rule for the currant jelly, using blackberries instead of currants.

Grape Jelly.

Grapes should be picked over, washed and stems removed. Put into preserving-kettle, heat to boiling-point, mash, and boil for thirty minutes. Strain through the coarse sieve, and proceed same as for currant jelly. Wild grapes are best for flavor in making the grape jellies for eating with meats.

Green Grape Jelly.

Grapes should be gathered just as they begin to turn, and you make them same as grape jelly.

Peach and Apple Jelly.

Use equal parts of peaches and apples, and proceed same as for apple jelly.

Plum Jelly.

Use the Damson plum for this jelly. Pick over, wash, and prick each Damson with a large needle. Make same as currant jelly, using three-fourths as much sugar as you have fruit juice.

Barberry Jelly.

Pick fruit for this jelly before the frost comes, while some of the fruit is still green. Make same as currant jelly.

Blackberry Jam.

Pick over berries, place a few in bottom of preserving-kettle, and mash, using a wooden potato-masher, and continue until all are mashed. Slowly heat to boiling-point, and add equal amount of sugar. Cook slowly for one hour. Put in wide-mouthed glass jars or tumblers. Seal with paraffin and put on cover to

keep out the dust. Keep in cool, dry place. Paraffin can be removed as you use the fruit, washed off and used again.

Raspberry Jam.

Use the recipe for blackberry jam, using raspberries instead of the blackberry. You can use either the "black-cap" or the red raspberry.

Orange Marmalade.

Select sour, smooth-skinned oranges. Thoroughly wash and wipe. Weigh oranges and allow three-fourths their weight in cut sugar. Remove peel in quarters. Cook until soft in boiling water to cover; drain, and with a spoon or silver fruit-knife remove the white lining, and with a sharp pair of scissors cut the thin yellow portion into fine strips. Divide oranges into sections, and remove all tough part and seeds. Put into kettle and heat to boiling-point. Gradually add sugar and cook slowly one hour. Add peel and cook one hour longer. Turn into glass tumblers, and seal.

Grape-fruit Marmalade.

Prepare same as orange marmalade, using care to remove all the white lining, as it is very bitter, but the grape-fruit makes fine marmalade.

Quince Honey.

Pare and grate, or grind in food-chopper, six large quinces. Add to one pint boiling water five pounds of sugar. Stir over fire until sugar dissolves. Add quince and cook twenty minutes. Turn into glasses. When cold it should be the color and consistency of honey.

CANNING.

Canning is preserving fruit that has been sterilized by boiling and placing it in sterilized, air-tight jars. Fruit may be canned without sugar, and will keep just as well, if it has been sterilized and freed from all germ life, and in some fruits it gives superior flavor to leave out the sugar. Such is the case especially with the cherries, blackberries, raspberries and rhubarb.

Fruit for canning wants to be fresh, firm and not over-ripe. The over-ripe fruit is apt to hold the germ, and this causes fermentation in a very short time. In canning fruit where sugar is used, allow one-third its weight in sugar and three cups of water to each pound of sugar. Cook sugar and water together for ten minutes to make a syrup. Skim, and it is ready for the fruit. Cook fruit in small quantities at a time, and you can keep the fruit in perfect shape. Hard fruit such as quinces and pineapple must be cooked in boiling water until they are soft, then put in the syrup and finished. The sterilized jars are then filled with the fruit, and enough syrup added to overflow the jar and top fastened down. Let it stand until cool, and tighten tops the second time, using care that they are air-tight. While filling jars place them on cloth wrung out of hot water. Sterilize jars by filling with cold water and placing in vessel on a rest of some kind to keep them from breaking, and heat to the boiling-point.

Canned Peaches.

Wipe peaches and place them in boiling water, and let them stand long enough to loosen the skins. Remove skin and cut into halves or cook whole. Add to the boiling syrup at once before they discolor. Follow

directions for canning. If you prefer, you can peel the peach instead of skinning.

Canned Pine=apple.

Pare and remove eyes. Cut into slices or cubes, or you can shred with silver fork and cook in half their weight in sugar without the water and put into air-tight jars. This last method is good for making sherbets, fruit punches and fancy desserts. For sliced or cubed you follow direction for canning.

Canned Pears.

Wash, wipe and pare fruit. Cook whole, or in halves or quarters, according to fancy. Two cloves with blossom removed and stuck into the pear, or a small piece of ginger-root, give an additional flavor, as the pear has little flavor of its own after it is canned. Bartlett pears are the best for canning.

Canned Cherries.

Wash, remove stems, and follow directions for canning. The large white and red cherries are the best for table use, but the old-fashioned Murillo is best for pies, and it does not want to be canned until it gets almost black on the tree.

Canned Tomatoes.

Place the tomatoes in boiling water until the skin is easily removed. You can put them up whole or cut into pieces. If you use them whole, you want to cook them longer; in either case they want to be thoroughly scalded.

Strawberry Preserves.

Pick, wash, drain and cap the berries, then weigh them. Allow three-fourths their weight in sugar and a cup of water to the pound of sugar; boil to a very thick syrup and skim. Drop in the berries a few at a time, and cook until they look clear. Remove to tumblers, and add more until all are cooked. Cook syrup again until thick, and add to the glasses of fruit. This way the berry keeps its shape and color. Always choose a dark-colored berry for preserving.

Damson Preserves.

Wash and wipe Damsons, and with large needle prick them in several places. Prepare syrup same as for strawberries, but do not cook so thick. As soon as it has boiled a few moments skim and add Damsons a few at a time, that they may better keep their shape. Cook until soft and clear-looking. Take out the fruit and cook syrup until quite thick, and pour in the jars or glasses, and seal.

Brandied Peaches.

Use free-stone peaches, ripe and firm. Remove skin with boiling water as directed. For one peck of peaches use half their weight in sugar and one quart of high-proof alcohol or brandy. Put alternate layers of peaches and sugar in stone jars, and pour on alcohol. Lay a piece of linen under cover of jar and cover closely. These are fine with ice-cream.

PICKLING.

Sweet Pickled Peaches.

½ peck White Heath cling peaches.
2½ pounds brown sugar.
1 pint vinegar.
1 ounce stick cinnamon.
Cloves.

Boil sugar, vinegar and cinnamon twenty minutes. Dip peaches quickly in hot water, and rub off the fur with a crash towel. Stick two cloves into each peach. Put into syrup and cook until soft, using half of the peaches at a time. Place in a stone jar with a stone cover. Cook syrup until thick, and pour over peaches. Pears are pickled in the same way; also Damsons.

Ripe Tomato Pickles.

3 pints tomatoes, peeled and chopped.
1 cup chopped celery.
5 tablespoons red peppers, chopped.
¾ cup sugar.
5 tablespoons chopped onions.
6 tablespoons mustard seed.
½ teaspoon cinnamon.
2 cups vinegar.
Salt to taste.

Mix ingredients, put in stone jar and cover. It can be used in five or six days, but will keep a long time.

Chile Sauce.

12 ripe tomatoes.
2 onions, chopped fine.
2 peppers, chopped fine.
2 cups vinegar.
¾ cup brown sugar.
2 teaspoons cinnamon.
¼ teaspoon cayenne pepper.
Salt to taste.

Peel and slice tomatoes, and put into preserving-kettle with remaining ingredients. Heat to boiling-point, and cook slowly two and a half or three hours. Put in jars and seal.

Cucumber Pickles.

Wipe a gallon of small cucumbers, place them in a stone jar, and add a cup of salt dissolved in two quarts of boiling water, and let stand two days. Drain off brine, bring to boiling-point, pour over the cucumbers, and let them stand again for two days. Drain and wipe cucumbers, and pour over them one gallon of boiling water. Let them stand half a day, and drain. Cook the cucumbers in one gallon of vinegar, four red peppers, one stick of cinnamon, a teaspoon of cloves and a cup of brown sugar for eight or ten minutes. Put pickles in stone jar and strain the liquor over them. Cover, and they are ready for use. You can put them in glass jars if you prefer.

Chopped Pickle.

1 gallon chopped tomatoes
2 teaspoons pepper.
3 teaspoons mustard.
3 teaspoons cinnamon.
¾ cup salt.
½ cup white mustard seed.
4 green peppers, sliced.
3 chopped onions.
2 quarts vinegar.

Add salt to tomatoes, cover, let stand twenty-four hours, and drain. Add spices to vinegar, and heat to boiling-point, then add tomatoes, peppers and onions. Cook fifteen minutes after the boiling-point is reached. Place in stone or glass jars, and keep in cool place.

Chow-chow.

4 pints green tomatoes.
1 cauliflower.
12 small cucumbers.
2 bunches celery.
3 cups small onions.
3 red peppers.
2 quarts string beans.
¼ pound mustard seed.
2 ounces tumeric.
½ ounce pepper.
Salt to taste.
1 gallon vinegar.

Prepare vegetables and cut into small pieces. Cover with salt, and let them stand a day and a night, then drain. Heat vinegar to boiling-point, and cook until soft. Add spices about five minutes before removing from the fire, as it spoils spices to cook too long.

Sliced Tomato Pickle.

1 peck green tomatoes, sliced thin.
4 onions, sliced thin.
½ ounce peppercorns.
1¼ pounds brown sugar.
1 cup mustard seed (brown).
5 green sweet peppers, chopped fine.
1 cup salt.

Sprinkle alternate layers of tomatoes with onions and salt, and stand overnight. In the morning drain and put in preserving-kettle, adding the remainder of the ingredients and enough cider vinegar to cover. Heat gradually to boiling-point, and boil slowly half an hour.

Mixed Pickle.

Scald in boiling salted water, until tender, one fine head of cauliflower, one pint small white onions, cucumbers cut into dice, green beans cut into inch lengths, and some very small red peppers. As soon as tender drain them until dry, pack them in wide-mouthed bottles or jars, and boil enough good cider vinegar to cover them well, using to each pint of vinegar two tablespoons of brown sugar, one level teaspoon of salt, two tablespoons each of English powdered mustard and tumeric, to give a fine color.

Preparation of Catsups.

Cook one gallon of choice, ripe tomatoes until you can rub them through a strainer fine enough to catch the seed. Return them to the fire, and cook until they

become quite thick. About twenty minutes before taking up add a level teaspoon of cayenne pepper, one tablespoon of mustard seed, one-half tablespoon whole cloves (with blossom end removed), all tied up in a small muslin bag. At the same time add one-half cup of brown sugar and a cup of the best cider vinegar. Salt to taste. Seal air-tight, either in bottles or jugs.

Cucumber Catsup.

Use cucumbers suitable for table use—those with small seeds. Grate them, salt lightly, and place in a bag to drain overnight; in the morning season to taste with salt, pepper, a little cayenne and vinegar. Put in small jars, and seal tight for use in fall and winter. This is a fine sauce to serve with boiled or baked fish.

Pickles and catsup all want to be kept in a cool, dry place, or they are apt to mould. Some say small pieces of horseradish will prevent them from moulding. It is worth trying.

CHAPTER XL.

HOUSEHOLD HINTS.

To Cream Butter.—If weather is cold, pour hot water in earthen bowl. Measure butter and turn into bowl, cut in small pieces, and let it rest for a few moments, then work with wooden spoon until soft and creamy. If there is any buttermilk remaining in the butter, drain it off as you cream.

To Scald Milk.—Fill lower part of double boiler partly full of boiling water, and place milk in upper part. Cover and place over flame until the milk forms bubbles around the edge.

Acidulated Water.—This is water to which one tablespoon of vinegar or lemon juice is added to one quart of water.

Fluid to Remove Spots on Furniture.—Use four ounces of ammonia, one ounce of glycerine, one ounce of Castile soap (white), and one-half ounce of alcohol. Dissolve the soap in soft hot water, using half a gallon. Add the remaining ingredients, apply with soft sponge, and polish with flannel. This will not hurt the furniture, and can be applied to dress fabrics—even silk.

To Butter Cracker Crumbs.—Allow one-fourth cup of cracker crumbs to a tablespoon of melted butter. Pour on slowly and stir with fork that each crumb may be entirely coated. They want to be light and easily distributed over the top of the dish for which they are to be used.

To Extract Juice from Onion.—Cut piece from side of onion, pull back the brown skin, press onion on a coarse sieve, and work with a rotary motion.

To Chop Parsley.—Wash, dry on towel, remove leaves, gather very compactly between thumb and forefinger, and with a pair of scissors cut fine as much as you wish. This can be done with a sharp vegetable-knife, but the scissors are best.

To Shred Almonds.—Use blanched almonds, and cut them lengthwise of the nut.

To Caramel Sugar.—Put into a smooth granite or aluminum skillet, and place over flame and stir constantly until melted and a light golden color, using care not to burn, and keep it free from the pan and spoon. You can use as much hot water as you have sugar, and cook to a thick syrup and use for sauces, creams, etc.

To Make Glaze.—Four quarts of good stock reduced to one cup.

To Prevent Salt from Lumping.—Mix one teaspoon of cornstarch with half a cup of salt.

Macaroon Crumbs.—Use dry macaroons, pound, and sift through coarse sieve.

To Clean Range After Frying.—If fat spatters on the range during the process of frying, clean at once with newspapers.

To Clean Frying-pans that are Used with Fat.—Drain all the fat out you can, wipe the articles with newspapers, and half the work of cleaning is done.

Stains from Claret Wine.—As soon as claret is

spilled on a cloth, cover the spot with salt, let stand a few moments, and rinse in cold water.

To Clean Tumblers.—Tumblers in which milk has been served should first be rinsed in cold water before washing with the hot soapsuds.

Washing Glass or China in Cold Weather.—Put the article in the hot water on the side so the expansion will be same all over. If the air is very frosty and the tumbler is put in on the bottom, it will probably break at the point where the hot water reaches, from the fact that there is no expansion at the top.

To Wash Water Bottles.—Fill the bottle half full of soapsuds with a little ammonia added to them, and use some shot. Shake well for some moments. Empty, rinse with hot water, polish outside, and let stand to drain and dry inside.

To Clean Mirrors and Windows.—Rub over with chamois skin wrung out of clean hot water, then polish with dry chamois skin. This saves much work and also strength.

To Clean Granite Ware.—When mixtures being cooked have burned in granite ware, fill vessel with cold water about half full, add tablespoonful of soda, cover and place on range where it will heat gradually to the boiling-point. Empty, and you will find it quite easy to clean. Should the article being cooked be not burned, but only stuck, cover it closely and rest on cold surface; the steam that forms from contact of hot and cold will loosen the substance so you can take it off quite easily.

To Keep the Sink Drain Free from Grease.—Pour down once or twice a week a strong solution of

lye, using about two quarts of boiling water and about half a can of good, strong lye or potash. Put this into the waste-pipe when you are leaving the kitchen for the night.

To Clear a Choked Drain.—Should your drain get choked, dissolve a fourth of a pound of copperas in two quarts of hot water. If the first time does not open it, it will be well to repeat before you send for the plumber.

To Remove Grease Spot.—Use cold water and soap to remove grease from cotton or woolen goods, or you can cover the spots with French chalk. The soap will leave a light ring, while the chalk will brush off and leave no mark. The chalk is fine for silk.

To Remove Iron Rust.—Lemon juice and salt are good when the rust first appears. Apply the lemon juice and cover with salt, and lay in the sun for three or four hours. If this is not effective, you can try hydrochloric acid. After using the acid, dip the article in ammonia water to neutralize the acid.

To Remove Grass Stains from cotton goods, wash in alcohol.

To Remove Ink Stains.—Use hydrochloric acid, and rinse in ammonia water. Wet the spot in warm water, apply soap, rub between the hands, and generally the spot will disappear.

To Clean the Tea and Coffee Pot.—Free the pots from the leaves and grounds, wash thoroughly with cold water, and occasionally fill pots with cold water to which one tablespoon of borax has been added. Heat to the boiling-point to remove the discoloration, rinse with hot water, wipe and dry.

To Remove Stains from Furniture.—Dip flannel cloth in very hot water and place over the spot. Remove quickly and rub with a dry cloth. Repeat until the spot is removed. A little alcohol may be used, but the work wants to be speedily done.

Never put the cogs of your Dover egg-beater in water.

To Clean the Ice-chest.—Use lukewarm water in which a little washing soda has been dissolved. *Never use soap.* A little Sapolio may be used to remove any spots. Should anything be spilled, wipe it out immediately. All things that have any odor should be put in the top of the box; milk, butter, meats and poultry in the bottom. Milk and butter should be kept closely covered.

Clean Piano Keys with soft cloth and alcohol.

For Burn.—Use equal parts of white of egg and olive oil, well mixed and applied at once, using old linen to cover. If this prescription is followed at once, there will be no blister. The cooking soda is fine to cover the burned surface, then over this put a soft cloth and keep wet with cold water. This stops the pain and draws out the fire.

To Remove Odor of Fish.—Use a solution of ammonia and hot water, allowing one tablespoonful to a gallon of water.

To Ventilate a Room.—Place pitcher or small bucket of cold water on the table of the sleeping-room, and it will absorb the gases that arise from respiration; and for the reason that it does absorb gases, you should never drink of water that stands for any length of time in a room unless closely covered.

To Prevent and Destroy Ants.—Prepare a solution by using half a pound of flour of brimstone and one-fourth of a pound of potash. Place them in an iron vessel, and put over the fire until they are dissolved, then beat them to a powder. Use a portion in some water, sprinkling the places where the ants are found, and they will vacate at once. Borax and sugar mixed together, and placed in a small dish, is good to keep them off.

Deodorizer for Sick-room.—Freshly ground coffee placed on a saucer with a piece of gum of camphor placed in center, and camphor lighted, will produce a pleasant and healthful odor in the room. This I have always found satisfactory and economical.

To Soften Boots and Shoes.—Apply kerosene with soft cloth, and you will find they become soft and pliable. It will also remove stains from furniture.

To Remove Mildew.—Soak the article in sour milk and salt, and lay in the sun; or use chloride of lime made in solution by using a teaspoonful of lime to a quart of water.

To Free Stove-pipe from Soot.—Put a piece of zinc in stove on hot coals, and as it burns it will clear the pipe.

Things Not to Do.

Never let your fresh meat remain in the papers in ice-box.

Never keep vinegar in anything but glass or earthen ware.

Never use water from hot-water pipe for cooking purposes; the gases are gone and the water flat.

TABLE OF WEIGHTS AND MEASURES.

2	cups butter (packed)	= 1	pound.
4	" flour	= 1	"
2	" granulated sugar	= 1	"
2⅔	" powdered sugar	= 1	"
3½	" confectioner's sugar	= 1	"
2⅔	" brown sugar	= 1	"
9	large eggs	= 1	"
1	square Baker's chocolate	= 1	ounce
½	cup almonds, blanched and chopped	= 1	"
3	teaspoonfuls	= 1	tablespoon.
16	tablespoons	= 1	cup.
2	level tablespoonfuls	= 1	ounce.
4	" " flour	= 1	"
2	gills	= 1	cup.
25	drops of liquid	= 1	teaspoon.
1	pint finely chopped meat	= 1	pound.
4	tablespoonfuls	= 1	wineglass.
2⅔	cups granulated corn meal	= 1	pound
4¼	" rye meal	= 1	"
4⅓	" coffee	= 1	"

The measuring of the present day, as taught in all schools of cookery, is understood to be *level,* and flour is always sifted before measuring. It is understood everything is *level,* which no doubt gives more correct measurements.

TABLES FOR COOKING.

Broiling.

Articles.	Time. Hours.	Minutes.
Steak, one inch thick		5 to 6
Steak, one and one-half inch thick		8 to 10
Lamb or mutton chops		8 to 9
Lamb or mutton chops in paper cases		10
Quail		10
Quail in paper cases		12
Chicken (small)		25
Chicken, large, for plank		25
Slices of halibut or salmon		15 to 20
Whitefish, bluefish and shad		20 to 25
Tripe		5

Boiling.

Coffee		2 to 3
Soft-cooked eggs		3 to 5
Leg of mutton	2 to 3	
Ham, weight 12 to 14 lbs.	4 to 5	
Fowl, weight 4 to 5 lbs.	2 to 3	
Turkey, weight 9 lbs.	3½	
Corned beef or tongues	3 to 4	
Cod and haddock, weight 3 to 5 lbs.		25 to 30
Halibut (thick), weight 2 to 3 lbs.		35 to 40
Salmon, weight 2 to 3 lbs.		35 to 40
Lobster		30 to 35
White potatoes		25 to 30
Sweet potatoes		20 to 25
Asparagus		30 to 35
String beans	2 to 3	

Articles.	Time. Hours.	Minutes.
Lima and shell beans	1 to 1½	
Young beets	1	
Old beets	3 to 4	
Oysterplant		45 to 60
Onions		45 to 60
Cabbage		35 to 60
Turnips		35 to 45
Parsnips		40 to 45
Spinach		25 to 30
Green corn (young)		8 to 10
Green corn (old)		12 to 15
Cauliflower		30 to 35
Stewed tomatoes		25 to 30
Brussels Sprouts		20 to 25
Rice		20 to 25
Macaroni		20 to 30

Baking.

White loaf (small)	30 to 35
Graham loaf (small)	35 to 40
Biscuits or rolls (raised)	12 to 15
Baking-powder biscuit	10 to 12
Soup sticks	10 to 15
Gems	25 to 30
Muffins (yeast)	25 to 30
Muffins (baking-powder)	20 to 25
Muffins (corn)	20 to 25
Gingerbread	20 to 30
Cookies	8 to 10
Cake (loaf)	40 to 60
Cake (layer)	20 to 30
Cake (pound)	1¼ to 1½

Articles.	Time. Hours.	Minutes.
Cake (wedding)	3	
or steam 2½ hours and bake in slow oven	½	
Fruit cake	1½ to 3	
Batter pudding		35 to 45
Tapioca pudding	1	
Rice pudding	1	
Rice pudding (poor man's)	2½ to 3	
Indian pudding	2 to 3	
Plum pudding	2 to 3	
Custard (baked)		35 to 40
Custard (baked in cups)		20 to 30
Pies (two crusts and uncooked fruit)		30 to 35
Tarts		15 to 20
Vol-auvent		45 to 50
Cheese straws		6 to 8
Scalloped oysters		25 to 30
Scalloped dishes of cooked mixtures		15 to 20
Baked beans	4 to 6	
Braised beef	3½ to 4	
Beef, sirloin or fancy rib, weight 5 lbs.	1 to 1¼	
Beef, rib or sirloin, weight 10 lbs. (this gives rare roast)	1¾	
Beef, well done, 5 lbs.	1½	
Beef, well done, 10 lbs.	1 5-6	
Beef rump, rare, 10 lbs.	1¾	
Beef rump, well done, 10 lbs.	2	
Beef (fillet)		25 to 30
Mutton (saddle)	1¼ to 1½	
Mutton (leg)	1¼ to 1¾	

Articles.	Time. Hours.	Minutes.
Mutton (forequarter)	1 to 1¼	
Veal (loin)	3½ to 4	
Veal (cushion)	3 to 3½	
Pork (roast)	3 to 3½	
Chickens (3 to 4 lbs.)	1¼ to 1½	
Turkey (9 lbs.)	3 to 3¼	
Goose (weight, 9 lbs.)	2 to 2½	
Duck (domestic)	1 to 1¼	
Duck (wild)		20 to 30
Partridge		45 to 50
Grouse		25 to 30
Fish (weighing from 3 to 4 lbs.)		45 to 60
Fish (small)		20 to 30

Frying.

Muffins, fritters and doughnuts	3 to 5
Croquettes and fish balls	1
Potatoes (raw)	5 to 8
Breaded chops	7 to 8
Smelt, trout and small fish	4 to 5
Fillets of fish	5 to 7
Oysters	1
Croûtons	1

Length of time in frying depends upon amount of exposed surface more than the size of the article to be cooked.

CHAPTER XLI.

FRENCH TERMS USED IN COOKING.

Aspic. Savory jelly for cold dishes.

Au gratin. Dishes prepared with sauce and crumbs, and baked.

Allemande (à la). German style.

Agneau. Lamb.

Ambrosia. Food for the gods.

Asafetida. A bitter, acrid resin used by Asiatics as a condiment.

Avena. Oats.

Angelica. A plant the stalks of which are preserved for decorating moulds.

À l'Américaine. In American style.

À l'ancient. In the old style.

Aurora sauce. A white sauce to which lobster butter is added.

Baba cakes. Cakes made from sweet yeast dough and baked in small moulds, and usually basted with wine as they cool.

Béchamel (à la). Rich white sauce made with stock, with the addition of cream just as you go to serve it. This addition or infusion of cream was the work of the Earl of Béchamel, for whom this sauce is named.

Bisque. White soup made from shell fish.

Bannocks. Cakes made of oatmeal or barley, and cooked on a griddle.

Basil. A pot herb used by some in cooking.

Bay leaves. Leaves from a species of laurel.

Béarnaise (à la). In Swiss style.

Beurre noir. Black butter.

Biscuit glacé. Small cakes of ice-cream.

Blanquette. White meat in cream sauce.

Blanch (to). To whiten.

Bœuf à la jardinère. Braised beef with vegetables.

Bombe glacé. Moulded ice-cream and ice, or two kinds of ice-cream

Bourgeoise (à la). Family style.

Bouquet of herbs. Sprig each of thyme, savory, marjoram and parsley.

Café noir. Black coffee.

Chartreuse. A mould lined with aspic, potatoes or rice, and filled in the center with meat, vegetables, nuts, etc. Chartreuse means anything concealed. The dish is said to have originated with the monks of Chartreuse.

Chateaubriand. The thick cut from the center of a large fillet of beef, weighing about one and one-fourth pounds. It takes its name from a French nobleman with whom it was a favorite dish.

Chaud-froid. A gelatine sauce in which chicken, game and cutlets are masked, and are decorated with truffles, whites of eggs, etc. The word means "hot-cold."

Chiffonade. Shredded very fine, cut in ribbons.

Chives. A variety of small, green onions.

Chou. Cabbage.

Chou-farci. Stuffed cabbage.

Chou-fleur. Cauliflower.

Chutney. An East India sauce made of fruits, sugar, spices and vinegar. 'Tis a fine relish.

Civet. A game stew.

Compotes. Fruits stewed in thick syrup and kept in the original shape by cooking a few at a time.

Consommé de volaille. Chicken soup.

Court bouillon. A highly seasoned liquor in which to boil fish.

Creole (à la). Cooked with tomatoes.

Croustades. Bread cut into shapes and fried, in which to serve meats and game or vegetables mixed with sauce.

Croûtes aux champinous. Fresh mushrooms cooked with sauce and served in cases made of French rolls fried in butter.

Crecy (à la). Dishes containing carrots, usually as a purée.

De, d'. Of.

Dinde farcie. Stuffed turkey.

Deviled. Seasoned very highly.

Duchess. Term applied to mashed potatoes mixed with yolks of eggs, and made into fancy shape and browned.

Endive. A species of chicory used for salad.

Eclair. A variety of French cakes made from puff-paste, and filled with whipped cream, sweetened and flavored, or with cooked custards.

Entrée. Usually served between courses.

Escarole. Endive with broad leaf.

Espagnole. A rich brown sauce highly flavored.

En coquilles. In shells.

En papillotes. In papers.

Farci. Stuffed.

Fanchonnette. Dessert baked in tins, and made from puff-paste, and covered with meringue, decorated with jelly and preserved fruits.

Fillet mignons. Slices from fillet of beef.

Flamande (à la). Cooked with onions, Flemish style.
Flageolets. French bean (green).
Flourons. Crescent-shaped pieces of puff-paste used to garnish meat pies, etc.
Flutes. Finger-shaped rolls.
Foie-gras. Goose liver.
Fondue. A dish prepared from cheese and eggs.
Frappé. Semi-frozen.
Fromage. Cheese.
Fondant. Made from sugar and water, and is the foundation of the French bonbons.
Gâteau. Cake.
Glacé. Iced or glossed over.
Grilled. Broiled.
Hachis de bœuf. Beef hash.
Homard. Lobster.
Hoe cake. Made with white granulated cornmeal, salt and boiling water, and baked before the camp fire on a hoe.
Hors-d'œuvres. Side dishes.
Italienne (à la). In Italian style.
Jambon froid. Cold ham.
Jardinière. Mixed vegetables.
Kirschwasser. Liquor made from cherry juice.
Lait. Milk.
Laituc. Lettuce.
Macaroni à la fromage. Macaroni with cheese.
Maigre. Vegetable soup without stock.
Maître d'hôtel. Head steward.
Mango. Stuffed and pickled young melons.
Maraschino. A cordial or liqueur.
Marrons. Chestnuts.
Noir. Black.

Noyau. A cordial.
Œufs farcis. Stuffed eggs.
Omelette aux champignon. Omelet with mushrooms.
Pain. Bread.
Panada. Bread and milk cooked to a paste.
Paté de foie gras. Paste made of fatted goose livers.
Pommes. Apples.
Pois. Peas.
Pommes de terre. Potatoes.
Paulets sautés. Fried chicken.
Potage. Soup.
Ragoût. Highly seasoned meat-dish.
Removes. Roasts or principal dishes.
Réchauffés. Warmed-over dishes.
Salpicon. Highly seasoned minced meat-dish with thick sauce.
Soufflé. Puffed up as omelet, etc.
Sucres. Sweets.
Tarte aux pommes. Apple pie.
Vol-au-vents. Made of very light puff-paste, and filled with creamed meats, fish, etc. They are cut oblong in shape as a rule.

CHAPTER XLII.

FOOD COMBINATIONS.

Breakfast Menus.

Oranges.
Cream of Wheat with Sugar and Cream.
Scrambled Eggs. Potatoes, Cut Fine and Fried.
White Corn Muffins.
Coffee.

—x—

Baked Apples.
Oatmeal with Cream and Sugar
Broiled Ham. Eggs.
Baking-powder Biscuits.
Coffee.

—x—

Grape-fruit.
Lamb Chops. Creamed Potatoes.
White Muffins.
Coffee.

—x—

Bananas.
Puffed Rice with Sugar and Cream.
Egg Omelet. Lyonnaised Potatoes.
Graham Gems Griddle Cakes.
Coffee.

—x—

Grapes.
Wheatlet with Sugar and Cream.
Beefsteak. French Fried Potatoes
Pop-overs. Coffee.

Strawberries.
Bacon and Fried Eggs. Baked Potatoes.
Wheat Muffins.
Coffee.

—x—

Cantaloupe.
Uncooked Cereal with Sugar and Cream.
Chipped Beef in Cream.
Hashed and Browned Potatoes. Yeast Muffins.
Coffee.

—x—

Raspberries.
Rolled Oats with Sugar and Cream.
Broiled Fresh Mackerel. Sliced Cucumbers.
Corn Muffins.
Coffee.

—x—

Pears.
Triscuits with Sugar and Cream.
Corn-beef Hash. Buttered Toast.
Coffee.

—x—

Blackberries.
Boiled Rice with Sugar and Cream.
Dropped Eggs. Waffles with Maple Syrup.
Coffee.

—x—

Grapes.
Fried Pan Fish.
Sliced Tomatoes. Baked Potatoes.
Corn Muffins.
Coffee.

Wheatena with Sugar and Cream.
Creamed Fish. Corn Cakes.
Strawberry Shortcake.
Coffee.

—x—

Mixed Fruits.
Baked Beans. Brown Bread.
Sliced Cucumbers.
Fish Balls. Coffee.

—x—

Sliced Peaches in Cantaloupe Cups.
Cream of Wheat with Sugar and Cream.
Sliced Cold Meat. Toasted Brown Bread.
Coffee.

Luncheon Menus.

Cream of Potato Soup.
Baked Apples and Cream.
Hot Rolls. Gingerbread. Cocoa.

—x—

Creamed Lamb.
Lettuce with French Dressing.
Wafers with Cheese. Toast.
Grapes. Cocoa.

—x—

Chicken Salad.
Baking-powder Biscuit. Orange Ice.
Coffee.

—x—

Scalloped Oysters. Mayonnaise of Celery.
Rolls. Coffee. Small Cakes.

Veal Croquettes.
Dressed Watercress. Brown Bread.
Baked Apples. Tea.

—x—

Cream of Spinach Soup.
Broiled Ham. Scalloped Potatoes.
White Muffins.
Pears. Butter Thins.

—x—

Cold Roast Beef. Corn Muffins.
Sliced Peaches.
Sponge Cake. Coffee.

—x—

Oyster Stew.
Oyster Crackers. Pickles.
Shredded Cabbage. French Dressing.
Prune Whip.
Tea.

—x—

Cold Sliced Turkey.
Bread and Butter Sandwiches.
Lettuce with Mayonnaise.
Cheese Straws. Tea.

—x—

Broiled Halibut Steak.
Tartare Sauce. Thin Cornbread.
Cucumbers. Coffee.

—x—

Beef Stew with Dumplings.
Banana Salad. Cherry Pie.

—x—

Cream of Tomato Soup.
French Omelet. Bread and Butter.
Watermelon.

Lobster, Newburg.
Graham Muffins. Coffee.
Strawberry Cream. Wafers.

—x—

Cold Sliced Tongue.
Delmonico Potatoes. Cauliflower Salad.
Baked Pears.

—x—

Sardines. Brown Bread and Butter.
Sliced Tomatoes. Olives on Ice. Grapes. Cookies.
Coffee.

Dinner Menus.

Vegetable Soup.
Roast Beef. Macaroni with Cheese.
Potatoes Browned with Roast. Lettuce Salad.
Cheese Wafers. Apple Tapioca.
Whipped Cream. Small Cups of Coffee.

—x—

Cream of Celery Soup.
Roast Fowl with Bread Stuffing.
Gooseberry Sauce.
Mashed Potatoes. Celery. Vanilla Ice-cream.
Coffee.

—x—

Tomato Soup.
Baked and Stuffed White Fish.
Sauce Hollandaise.
Potatoes in Blocks, Dressed with Butter.
Onions Stuffed with Celery and Nuts.
Coffee.

Clear Soup.
Roast Lamb with Mint Sauce. Asparagus.
Riced Potatoes. Lettuce with French Dressing.
Strawberries and Cream.
Cake. Black Coffee.

—x—

Cream of Corn Soup.
Maryland Chicken. Baked Sweet Potatoes.
String Beans Dressed with Cream.
Cranberry Jelly.
Peach Ice-cream in Cantaloupes.
After-dinner Coffee.

—x—

Bisque of Lobster.
Veal Collops. Mashed Potatoes. Stuffed Egg-plant.
Corn on Cob. Celery. Cream Pie.
Coffee.

—x—

Chicken Soup.
Boiled Salmon with Egg Sauce.
Cucumbers. Boiled Potatoes. New Peas.
Chicken Croquettes.
Strawberries. White Cake.
Black Coffee.

—x—

Cream of Lettuce Soup.
Broiled Shad. Dressed Cucumbers.
Potatoes on Half Shell.
Asparagus with Drawn Butter.
Caramel Custard with Caramel Sauce.
Coffee.

Clam Bisque.
Lamb Chops. French Fried Potatoes.
Spinach Timbals. Lima Beans with Cream Dressing.
Strawberry Sherbet. Sponge Cake.
Black Coffee.

—x—

Cream of Lima Bean Soup.
Roast Duck. Potato Stuffing.
Browned Sweet Potatoes.
Apple Sauce. White and Purple Grapes.
Roquefort Cheese. Crackers.
Coffee.

—x—

Bean Soup.
Boiled Leg of Mutton with Caper Sauce.
Mashed White Potatoes. Asparagus.
Bermuda Onion Salad with French Dressing on Lettuce.
Fig Pudding. Lemon Sauce.
Coffee.

—x—

Consommé.
Fried Chicken. Fried Mush Garnish.
Mashed Sweet Potatoes.
Plum Sauce. Lettuce Salad. Cheese and Wafers.
Sliced Peaches. Cake.
Coffee.

—x—

Raw Oysters.
Boiled Fowl with Egg Sauce.
Boiled Potatoes. Mashed Turnips. Celery.
Beet Salad.
Washington Pie. Coffee.

Oyster Soup.
Beefsteak. Mill Creek Potatoes.
Cauliflower au gratin.
Shrimp Salad with Mayonnaise on
Heart Leaves of Head Lettuce.
Apple Pie with Ice-cream.
Coffee.

MENUS FOR FORMAL OCCASIONS.

Luncheons.

Cream of Celery Soup.
Chicken Salad. Stuffed Egg-plant.
Crisped Crackers, Spread with Cheese.
Baking-powder Biscuit.
Charlotte Russe. Coffee a la Demitasse.
Nuts. Raisins.

—x—

Fruit Cocktail in Pineapple Cups.
Breaded Mutton Chops. Cuban Sauce.
Bread and Butter Folds. Potatoes on Half Shell.
Romain Salad. French Dressing.
Nesselrode Pudding.
Coffee. Educator Crackers.

Chafing-dish Suppers

Oyster Rabbit.
Shrimp Salad. Celery.
Fruit Cups.

—x—

Mulligatawny Soup (reheated).
Creamed Sweetbreads with Peas.
Bread and Butter Sandwiches.
Shredded Pineapple.

Hallowe'en Supper.

Whole Wheat Sandwiches.
Cabbage Salad Served in Cabbage Shell.
Baked Apples. Gingerbread.
Coffee. Pumpkin Pie.

Menu for Christmas Dinner.

Consommé.
Olives. Celery. Salted Almonds.
Roast Turkey.
Gooseberry Sauce with Chestnut Stuffing.
Sweetbread and Chicken Croquettes. Green Peas.
Dressed Lettuce with Cheese Straws.
Plum Pudding with Brandy Sauce.
Café Noir.
Fruit. Crackers. Nuts.
Cheese.

Thanksgiving Dinner.

Tomato Bouillon. Crisped Crackers.
Celery. Salted Almonds.
Roast Turkey.
Cranberry Jelly. Mashed White Potatoes.
Onions Stuffed with Celery and Nuts.
Roast Red-head Duck. Browned Hominy.
Curled Celery.
Fruit Pudding. Brandy Hard Sauce.
Ice-cream.
Fancy Cakes. Nuts. Raisins. Fruit.
Half Cups of Black Coffee.
Crackers. Cheese.

Menu for Course Dinner.

Oyster Cocktail.
Consommé à la Royal.
Salted Almonds. Celery. Olives.
Chicken and Mushroom Patties.
Soft-shell Crabs. Tartare Sauce.
Cucumber Jelly.
Roast Leg of Mutton with Currant Jelly Sauce.
Mashed White Potatoes.
Creamed Brussels Sprouts.
Fruit Sherbet.

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Canvasback Duck. Hominy Omelet.
Currant Jelly. Celery.
Nesselrode Pudding. Neapolitan Ice-cream.
Candies. Crackers. Cheese.
Café Noir.

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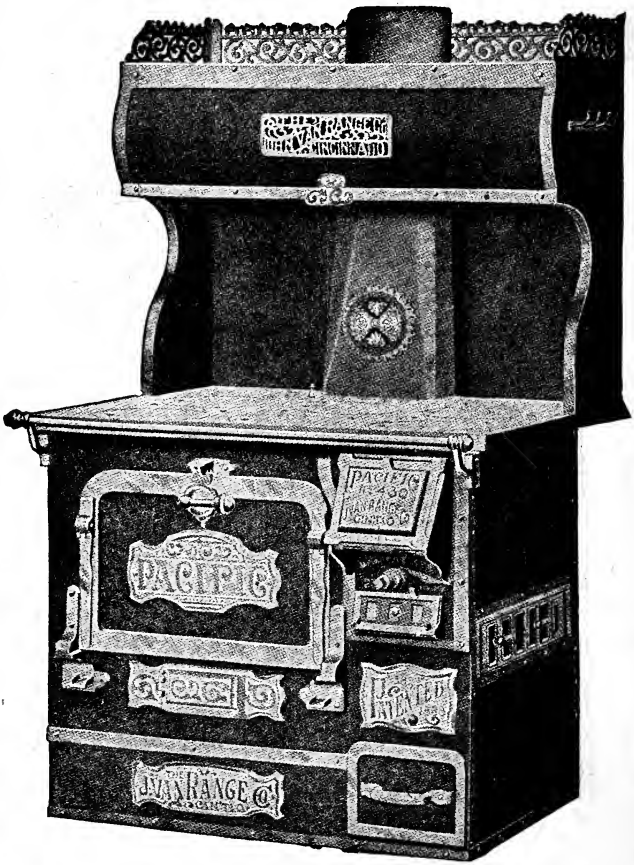

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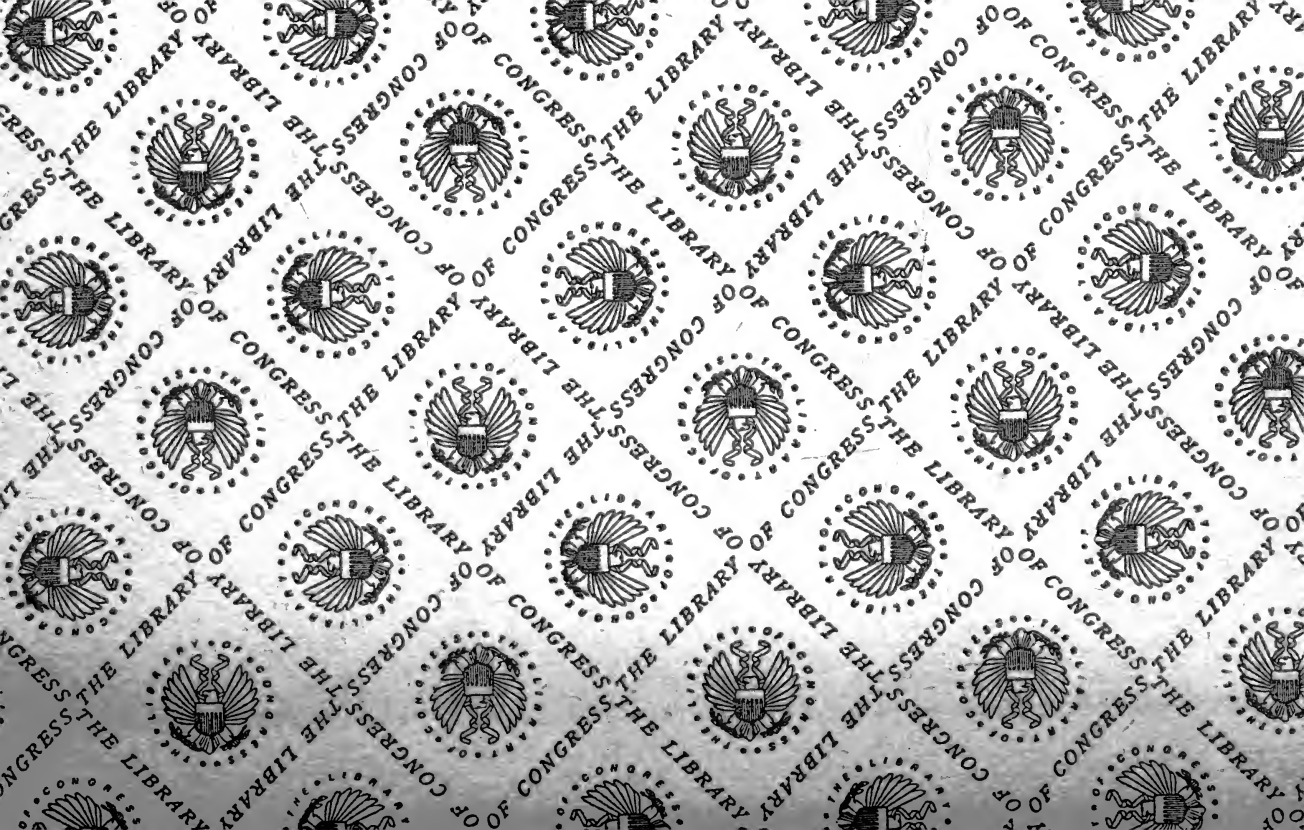
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